



Cycle2Health 2025 Rides

Special Note for All Rides - 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 ask 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.

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."

Contact Rachel Filar at 410-313-6073 or rfilar@howardcountymd.gov for more information.

May Rides

Casual Ride

Ride date/time: May 6 @ 10:00 AM

Departure location: Ellicott City 50+ Center (9401 Frederick Rd). Park in the 50+ Center lot next to Miller Branch Library parking lot. Check your bike for ABC, Air, Brakes, & Chain. Bring a water bottle, helmets are required. You are welcome if not signed up but want to try a ride, just sign the waiver & provide an emergency contact. Come 15-20 minutes early so we start the ride on time. Restroom at 50+ Center.

Description: 6.6-mile ride with a ride speed of 8-10 mph. The ride is not flat, it's rolling, so there are small hills. We'll use neighborhood roads and CA paths along the Little Patuxent River and streams. New or infrequent riders may walk a small hill, we'll wait. Regrouping(s) at road to path, path to road, or as needed - should be about 3 maybe 4. Come out to see your old friends or make new. It's a Casual ride, relax, and have fun.

Cue sheet: <https://ridewithgps.com/routes/42832166>

Ride Leader: Joe Horvath, 410-707-9477

Moderate Ride

Ride date/time: May 8 @ 10:00 AM

Departure location: Ellicott City 50+ Center (9411 Frederick Rd. Ellicott City). Park near the access to the trail in back. Old senior center building should be open for bathrooms.

Description: Watching for potholes and other hazards, we use the Senior Center's access to Miller's Grant community to get onto a sidewalk. Once in the Dunloggin community, we quickly find our most challenging hills of the ride. The ride loops through beautiful community roads, which connect using busier roads. This ride is a mashup of two rides, going through the Dunloggin, Preserve, and Dorsey Hall neighborhoods. Stops will be at least 5 minutes to rest and regroup. Anyone needing a longer stop should advise the ride leader. 16.4-miles with a ride speed of 10 mph.

Cue sheet: <https://ridewithgps.com/routes/48120856>

Ride Leader: Marlene West, 410-733-8786

If you need this document in an alternate format, call (410) 313-1234 (voice/relay). If you need accommodations to participate, please call at least one week in advance.



Advanced Ride

Ride date/time: May 8 @ 11:00 AM

Departure location: Glenwood 50+ Center (2400 MD97, Cooksville, MD 21723). This ride will start at 11 am, later than usual, so we can meet & greet Rachel Filar, C2H coordinator.

Description: Glenwood to Long Corner, 24 miles and 1500 ft climbing, hilly. Regroups with sweep. Join me for lunch afterwards at Walkers Tap & Table (2465 MD 97, Glenwood MD). Average ride speed of 13 mph.

Cue sheet: <https://ridewithgps.com/routes/50412489>

Ride Leader: Marge Ewertz, 410-446-4691

Casual Ride

Ride date/time: May 13 @ 10:30 AM

RIDE CANCELLED

Departure location: Avalon Patapsco State Park, by tot lot bathrooms (5120 South St. Halethorpe, MD 21227). You need to pay \$2 or show your Maryland Senior Park Lifetime Pass, which you can buy from the ranger for \$10. At the T-intersection, turn left toward Avalon (right is Glen Artney park). Just after you pass large playground, park in large lot on the right, across from bathrooms.

Description: Beautiful mostly flat ride on park roads and paths with little traffic- ideal for new riders. Both road and trail bikes are good. Includes the scenic Grist Mill Trail. 10.6 mile ride with average ride speed of 10-12 mph. Restrooms at parking area. Those of you who wish to continue up the steeper part of River Road after the ride is over are welcome to do so on your own after the ride has ended.

Cue sheet: <https://ridewithgps.com/routes/46993917>

Ride Leader: Loretta Duff, 301-440-4944

Moderate/Advanced Ride

Ride date/time: May 15 @ 9:00 AM

Rain date: May 16

Departure location: Lindale Middle School (415 Andover Rd. Linthicum Heights, MD 21090).

Description: From BWI airport loop to Ft. Armistead Park and back. This 23-mile loop has few hills, so it is perfect for an early in the season ride. From the park you'll get a great view of the Patapsco River and what's left of the Key Bridge. We'll even be able to walk our bikes out onto the pier. Before we get to the park, we'll stop at the memorial to the construction workers who died when the bridge was struck and collapsed. You won't want to miss the drawbridge over Curtis Creek or the community of Pleasantville. Average ride speed of 10-12 mph.

Cue sheet: <https://ridewithgps.com/routes/50074588>

Ride Leader: David Zinner, 410-733-3700



Advanced Ride

Ride date/time: May 15 @ 10:00 AM

Departure location: Glenwood 50+ Center (2400 MD-97, Cooksville, MD 21723).

Description: This is a 21-mile ride with a total elevation gain of under 1,200 ft to ease us into the season. We depart Glenwood along Carrs Mill Rd. Cross Frederick Road and keep heading north to Old Frederick Rd. We head west on Old Frederick to Waterville Rd and then head south crossing Rt. 70. We cross Frederick Road on what becomes Hardy Rd. We take Long Corner Rd. South for 0.2 miles and turn right onto Schaffersville Rd. which takes us to St. Michael's and Florence Rds. - one of the most enjoyable downhill runs in Howard County. We work our way back to the Glenwood Center from the end of Florence. Average ride speed of 12-15 mph.

Cue sheet: <https://ridewithgps.com/routes/50339914>

Ride Leader: Richard Madonna, 443-896-8371

Casual Ride

Ride date/time: May 20 @ 10:00 AM

Departure location: Wilde Lake Barn (10121 Hyla Brook Rd. Columbia MD). Park on street in front of white barn with red roof. Address shows up in the Lake, once on Hyla Brook continue past Pasture Gate to barn.

Description: 12-mile ride (with shorter options) with an average ride speed of 7-8 mph. First part is relatively flat around Lake Kitt, can stop after this part, when we ride around Wilde Lake, then up a hilly West Running Brook, and around Centennial Lake. Total elevation gain 500 ft, mostly going up West Running Brook

Cue sheet: <https://ridewithgps.com/routes/46464969>

Ride Leader: Jeff Friedhoffer, 410-218-1416

Moderate Ride

Ride date/time: May 22

Pending – See Listserv for Updates

Advanced Ride

Ride date/time: May 22 @ 10:00 AM

Rain date: May 23

RIDE CANCELLED

Departure location: Parking Lot Ad being the Trolley Stop just before Old Ellicott City (6 Oella Ave. Oella, MD).

Description: From Old Ellicott City we will ride through Patapsco Valley State Park through Old Elkridge to Hanover, MD. Returning, we will ride on River Road through the park to Ilchester Road. We will then head up Bonnie Branch for a long climb. The ride finishes with a relaxing 2+ mile downhill on New Cut Road back to Oella. About 23 miles with an average ride speed of 13-15 mph.

Cue sheet: <https://ridewithgps.com/routes/50496923>

Ride Leader: Pat Payne, 410-978-2979



Casual Ride

Ride date/time: May 27 @ 10:00 AM

Departure location: Centennial Park, 10000 Clarksville Pike, Ellicott City, MD 21042 -- Follow road to the left, toward Pavilion D playground and around the loop.

Description: This will be a bit of an instructional ride, so we will regroup frequently. The two points of this ride are: (1) to learn how to use your gears to go up and then down, and (2) to take the lane when it is safer to do so. The route takes 108 to Centennial Lane (very big shoulder) and then climbs via neighborhood streets to Old Annapolis Rd which does not have a continuous shoulder. Old Annapolis can seem busy, but is a good place to learn when and how to take the lane and thus be safer on the road.

Cue sheet: <https://ridewithgps.com/routes/50891241>

Ride Leader: Chris Tsien, 410-908-6870

Moderate Ride

Ride date/time: May 29 @ 10:30 AM

Departure location: Marley Station Mall (7900 Gov. Ritchie Hwy. Glen Burnie, MD 21061). Park on the JCPenney side of Marley Station Mall near the Baltimore & Annapolis trail.

Description: Popular ride on mostly flat and sunny paved B&A trail from Marley Station Mall parking lot to Jones Station Road with a stop at the Big Bean Coffee & Froyo shop for food & conversation on the way back. 14.9 miles total with options to shorten or lengthen ride: Ride only to the Big Bean (11.4 miles) or ride to the end of the trail (21.4 miles). Ride speed of 10-12 mph. Restrooms available at ranger station approx. 2 miles before The Big Bean.

Cue sheet: <https://ridewithgps.com/routes/50765246>

Ride Leader: Loretta Duff, 301-440-4944

Advanced Ride

Ride date/time: May 29 @ 10:00 AM

Rain date: May 30

Departure location: Ten Oaks Tavern (3900 Ten Oaks Rd. Glenelg, MD). Park on the Side of the building facing Triadelphia Road.

Description: Moderately hilly 22.5-mile ride in the Glenelg area with an average ride speed of 13-15 mph.

Cue sheet: <https://ridewithgps.com/routes/50497145>

Ride Leader: Pat Payne, 410-978-2979



June Rides

Casual Ride

Ride date/time: June 3 @ 10:00 AM

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

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

Cue sheet: <https://ridewithgps.com/routes/43632312>

Ride Leader: Irv Pritchett, 443.889.0955

Moderate/Advanced Ride

Ride date/time: June 5 @ 9:00 AM

Rain date: June 6

Departure location: Zinner Home (8112 Sea Water Path, Columbia, MD 21045).

Description: Great downhill at the start - beautiful 25-mile ride along River Rd and through the park. Race Rd is flat and good for drafting practice. More hills near the airport as we wind our way back to the start. Average ride speed of 10-12 mph.

Cue sheet: <https://ridewithgps.com/routes/47478289>

Ride Leader: David Zinner, 410-733-3700

Advanced Ride

Ride date/time: June 5 @ 10:00 AM

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

Description: This 21-mile ride takes us from Alpha Ridge to the Piney Run Reservoir. The route is hilly - about 1,250 ft of elevation gain. We are on mostly two-lane roads with a brief (1.5 mile) section on the shoulder of Rt 32. This section has an ample shoulder and is marked for drivers to be aware of cyclists. We will stop at the reservoir for a short break, enjoy the scenery and head back to Alpha Ridge. We will re-group as dictated by weather and the group. Average ride speed of 13 - 15 mph.

Cue sheet: <https://ridewithgps.com/routes/47754566>

Ride Leader: Richard Madonna, 443-896-8371



Casual/Moderate Ride

Ride date/time: June 10 @ 10:00 AM

Rain date: June 13

Departure location: Patuxent Branch Trail Parking Willis Carter Truss bridge. (9190 Old Guilford Road Columbia). Meet at the Patuxent Branch Trail Parking Lot. Small parking lot but plenty of parking along the stream next to the large rocks. Port-o-pot at ride start, no restrooms at Jackson Pond.

Description: A mostly shady, moderately uphill ride along the Patuxent Branch trail and Columbia trails starting at the Willis Carter Truss bridge that tracks along local streams to Jackson Pond. Both road and trail/comfort bikes work well. A few very short, slightly steeper hills along the way to wake you up! Care needs to be taken on wooden bridges. The return trip from Jackson Pond is a mostly downhill ride along the beautifully shaded, winding pathway. One of our all-time favorite rides! 12.1-mile ride with an average ride speed of 10-12 mph.

Cue sheet: <https://ridewithgps.com/routes/47435800>

Ride Leader: Loretta Duff, 301-440-4944

Moderate Ride

Ride date/time: June 12 @ 10:00 AM

Rain date: June 13

Departure location: Ellicott City 50+ Center (9411 Frederick Rd. Ellicott City). Park near the access to the trail in back. Old senior center building should be open for bathrooms.

Description: Watching for potholes and other hazards, we use the Senior Center's access to Miller's Grant community to get onto a sidewalk. Once in the Dunloggin community, we quickly find our most challenging hills of the ride. The ride loops through beautiful community roads, which connect using busier roads. This ride is a mashup of two rides, going through the Dunloggin, Preserve, and Dorsey Hall neighborhoods. Stops will be at least 5 minutes to rest and regroup. Anyone needing a longer stop should advise the ride leader. 16.4-miles with a ride speed of 10 mph.

Cue sheet: <https://ridewithgps.com/routes/48120856>

Ride Leader: Marlene West, 410-733-8786



Advanced Ride

Ride date/time: June 12 @ 10:30 AM

Rain date: June 13

Departure location: North Easton Athletic Complex (1078 N Washington St Easton, MD 21601). Please park in the first lot on the left as you enter the North Easton Athletic Complex. Note that there are no bathroom facilities at this parking location, but restrooms can be found further into the park.

Description: A 29.2-mile ride with an average ride speed of 12-15 mph. The ride starts in Easton, and we begin on the bike path that takes us south to Idlewild Ave, which becomes Oxford Road. We follow Oxford Road to Oxford and the ferry, and we ferry across to Bellevue to make our way back into Easton. Roads are generally flat with a few small hills toward the end of the ride. The roads mostly have generous shoulders, and the smaller roads are lightly traveled. The ferry costs \$10.00/person one way - please try to have exact fare. Ride speed will be dictated by the wind direction and speed. *Please RSVP the ride leader (rgmadonna.phd@gmail.com) no later than 5 PM Wednesday if you plan to ride - it's a long car ride to make if no one shows up) & ride leader will have to do it alone (again)

Cue sheet: <https://ridewithgps.com/routes/46820719>

Ride Leader: Richard Madonna, 443-896-8371

Casual Ride

Ride date/time: June 17 @ 9:30 AM **RAIN DATE**

Rain date: June 20

Departure location: Lake Elkhorn Dock (7200 Dockside Ln. Columbia, MD). Lot tends to fill on good weather days.

Description: Gradual climb up bike lane on Oakland Mills, watch for traffic on Stevens Forest, restroom available at Touche Bakery on Shaker Drive, big downhill after Carlinda, return to start. 8.3 miles.

Cue sheet: <https://ridewithgps.com/trips/129305980>

Ride Leader: Ed Warner, 240-646-2786

NO RIDES DEPART ON JUNE 19 – COUNTY CLOSED FOR JUNETEENTH

Casual Ride

Ride date/time: June 24 @ 9:30 AM

RIDE CANCELLED

Departure location: Meadowbrook Park (5001 Meadowbrook Ln. Ellicott City, MD 21043). Park in the lot behind Meadowbrook Athletic Center.

Description: We'll start with tour of Meadowbrook Park, about a two-mile loop, with a visit to the Howard County Covid Victims Memorial. Then exit the park to the neighborhood roads to see the new Howard County Courthouse, followed by paths through the Red Branch business area. New, infrequent, or easy riders are welcome to ride the park section only. 7.7 miles with an average ride speed of 8-10 mph.

Cue sheet: <https://ridewithgps.com/routes/46718874>

Ride Leader: Joe Horvath, 410-707-9477



Moderate Ride

Ride date/time: June 26 @ 9:30 AM

Rain date: June 27

Departure location: Willis Carter Truss Bridge (9190 Old Guildford Rd. Columbia, MD). Small parking lot, but plenty of on-street parking next to the trail.

Description: Meeting at Carter Bridge, we follow the Patuxent Branch Trail around Lake Elkhorn and then passing under Rte. 175 and around Jackson Pond. Coming back, we take a side trip through MacGills Common before returning to the trail to the bridge. Most hills are small and gradual. We will adjust pace considering the temperature.

Cue sheet: <https://ridewithgps.com/routes/50240463>

Ride Leader: Pat Piet, 410-207-2320

Advanced Ride

Ride date/time: June 26 @ 9:00 AM

Departure location: Mayeski Park – Carroll County (1300 W. Old Liberty Road). Park in the first lot on the right near the fire station before you get to the actual park.

Description: Bucolic, lightly traveled roads with a moderate amount of climbing, about one-third shaded. Leader's pace will be 12 mph and change, so you're welcome to race off on your own. A couple of regroupings. The route is all paved now; RWGPS just hasn't caught up yet. Leader will provide cue sheets. 24.2 miles with an average ride speed between 12-13 mph.

Cue sheet: <https://ridewithgps.com/routes/51403076>

Ride Leader: David Ward, 443-537-3626

July Rides

Casual Ride

Ride date/time: July 1 @ 10:00 AM

Departure location: Lake Artemesia Parking lot (8200 55th Avenue Berwyn Heights, MD) intersection of 55th Ave & Berwyn Heights Road. If the visitor lot is full, there is additional parking 300 ft down the street at Berwyn Heights Sports Park parking lot. We'll stop at restroom 1/2 mile into ride and at Bladensburg Dock

Description: Mostly flat 11-mile very scenic ride, looping around the College Park airport runway, including a beautifully shaded scenic park, on paved trails paralleling the Northeast Branch of the Anacostia River from Lake Artemesia to the Bladensburg dock where during the Revolutionary War the British invaded Bladensburg. Alternating shady and sunny- a lovely ride! Relaxed pace of 9-12 mph. Option for lunch afterward Sarku Japan 10280 Baltimore Ave Suite A, College Park, MD 20740

Cue sheet: <https://ridewithgps.com/routes/47069674>

Ride Leader: Richard Duff, 301-440-4943



Moderate/Advanced Ride

Ride date/time: July 3 @ 9:00 AM

Departure location: Zinner Home (8112 Sea Water Path, Columbia MD). Street parking with bathroom inside

Description: 25 miles with 1400 feet of climbing and just a few challenging hills. Average ride speed of 10-12 mph

Cue sheet: <https://ridewithgps.com/routes/51219531>

Ride Leader: David Zinner, 410-733-3700

Advanced Ride

Ride date/time: July 3 @ 9:30 AM

Departure location: Schooley Mill Park (12975 Hall Shop Road Highland, MD 20777). Parking lot near the ball field and playground. Restrooms available.

Description: A somewhat hill (~1,500 ft of climbing) ride from the park to Gary/Glenelg and back. 23 miles with an average ride speed of 12-15 mph.

Cue sheet: <https://ridewithgps.com/routes/50876763>

Ride Leader: Rich Madonna, 443-896-8371

Casual Ride

Ride date/time: July 8 @ 10:00 AM

Rain date: July 11

Departure location: Avalon Patapsco State Park (by tot lot bathrooms) (5120 South St. Halethorpe, MD 21227). You need to pay \$2 or show your Maryland Senior Park Lifetime Pass, which you can buy from the ranger for \$10. At the T-intersection, turn left toward Avalon (right is Glen Artney park). Just after you pass large playground, park in large lot on the right, across from bathrooms.

Description: Beautiful mostly flat ride on park roads and paths with little traffic -- ideal for new riders. Both road and trail bikes are good. Includes the scenic Grist Mill Trail. 10.5 mile ride with an average ride speed of 10-12 mph. At the end of the ride, there will be an option to add on a steeper section of River Road that adds 2.4 miles for a total of 13 miles. Restrooms at parking area

Cue sheet: <https://ridewithgps.com/routes/46993917>

Ride Leader: Loretta Duff, 301- 440-4944



Moderate Ride

Ride date/time: July 10 @ 9:30 AM

RIDE CANCELLED

Departure location: Blandair Park (5685 Oakland Mills Rd, Columbia, MD 21045). Park in West parking field. Restrooms available.

Description: The route is mostly on bike paths. We start out on surface streets leaving Blandair and soon enter the Columbia bike path system. We head south to Lake Elkhorn and ride around the north side of the lake to pick up the Patuxent Branch Trail. We'll take this trail to the bridge at the Little Patuxent River. We cross the bridge and stop at Huntington Park for a regroup and break. Leaving the park, we use some surface streets and trails to return to the Patuxent Branch Trail which takes us back to Lake Elkhorn. We ride around the south side of the lake and pick up a series of trails and surface streets to return to Blandair. Much of the route is shaded. Caution on the wooden bridges and trailways should be exercised as these could be slippery. 13.2 miles with an average ride speed of 10-13 mph.

Cue sheet: <https://ridewithgps.com/routes/51232904>

Ride Leader: Rich Madonna, 443-896-8371

Advanced Ride

Ride date/time: July 10 @ 9:00 AM

Departure location: Mt. Airy Bike Shop (4540 Old National Pike, Mt. Airy MD).

Description: Hilly ride from Mt Airy Bike Shop 25 miles with 1796 ft of climbing and average ride speed of 13 mph.

Cue sheet: <https://ridewithgps.com/routes/30259054>

Ride Leader: Marge Ewertz, 410-446-4691

Casual/Moderate Ride

Ride date/time: July 15 @ 9:30 AM

Departure location: Friendship Park (Thomas A. Dixon Observation Area at BWI Airport) – 1911 Dorsey Rd. Glen Burnie, MD.

Description: This 10.8-mile ride circles the BWI airport on dedicated bike/walking paths, and passes a horse farm, airport viewpoint and a few wooded areas. Total elevation gain/loss of 493 feet, average ride speed between 9 – 11 mph, and regrouping 3-4 times during the ride.

Cue sheet: <https://ridewithgps.com/routes/37253355>

Ride Leader: Greta Swanson, 443-538-3623



Moderate/Advanced Ride

Ride date/time: July 17 @ 9:30 AM

Rain date: July 18

Departure location: Ellicott City 50+ Center (9411 Frederick Rd. Ellicott City). Park near the access to the trail in the back. Old senior center building should be open for bathrooms.

Description: 16.4 miles with a ride speed of 10 mph. Watching for potholes and other hazards, we use the Senior Center's access to Miller's Grant community to get onto a sidewalk. Once in the Dunloggin community, we quickly find our most challenging hills of the ride. The ride loops through beautiful community roads, which connect using busier roads. This ride is a mashup of two rides, going through the Dunloggin, Preserve, and Dorsey Hall neighborhoods. Stops will be at least 5 minutes to rest and regroup. Anyone needing a longer stop should advise the ride leader.

Cue sheet: <https://ridewithgps.com/routes/48120856>

Ride Leader: Marlene West, 410-733-8786

Advanced Ride

Ride date/time: July 17 @ 8:30 AM

Rain date: July 18

Departure location: Maple Lawn (11710 E Market Pl, Fulton, MD 207590). Please keep parking spots close to the stores for customers.

Description: This is the ride that the Maple Lawn Cycling Club does on Sunday at 8:30 am. It has plenty of hills, riding on roads of all types, with and without shoulders. 28.5 miles with an average ride speed of 12-14 mph. Please make sure you are comfortable with this. There is one refuel / bathroom stop possible at Highs in Glenelg at mile 18.

Cue sheet: <https://ridewithgps.com/routes/47758918>

Ride Leader: Larry Schoen, 410-340-1525

Casual Ride

Ride date/time: July 22 @ 9:30 AM

Departure location: Ellicott City 50+ Center (9401 Frederick Rd. Ellicott City, MD). Park on the side lot of EC50+ next to the Library parking lot. Please arrive 15 minutes early to sign in & prep.

Description: Neighborhood ride on side streets to Elementary & Middle schools followed by CA paths back to local roads. 7.5 miles with an average ride speed of 8-10 mph.

Cue sheet: <https://ridewithgps.com/routes/47767554>

Ride Leader: Joe Horvath, 410-707-9477



Moderate/Advanced Ride

Ride date/time: July 24 @ 8:30 AM

Rain date: July 29

Departure location: Wilde Lake Barn (5410 Lynx Lane).

Description: This 11.5-mile ride involves multiple short hills and includes the washed-out bridge at the Middle Patuxent River which can be used for a short dip in the cool water! The ride includes one busy section of Broken Land Parkway but is mostly on quiet streets or those with bike lanes or shoulders. Average ride speed of 10-12 mph.

Cue sheet: <https://ridewithgps.com/routes/46524985>

Ride Leader: Larry Schoen, 410-340-1525

Advanced Ride

Ride date/time: July 24 @ 9:30 AM

Departure location: Lisbon Park (15901 Frederick Rd. Woodbine, MD). No public restrooms available at the park.

Description: A somewhat hilly ride with 1,450 ft of elevation gain with one or two short, steep climbs. We start from the park head north over I-70 and work our way up to Gillis Road. We follow Gillis to the northwest and head south on Ridge Road. We quickly transition to Cabbage Spring Road working our way south the Waterville Road. We reconnect with Old Frederick Road, cross I-70 and join up with Hardy road to take us back to Frederick Road and the starting point. Re-group at 12.3 mile mark - the intersection of Ridge Road and Cabbage Spring. Other re-groups as required. Most roads typical of western Howard county. 24 miles with an average ride speed of 12-15 mph.

Cue sheet: <https://ridewithgps.com/routes/51312319>

Ride Leader: Rich Madonna, 443-896-8371

Casual/Moderate Ride

Ride date/time: July 29 @ 9:30 AM

Rain date: August 1

Departure location: Blandair Park North Area parking at Laura's Place playground (5700 Oakland Mills Rd.) Restrooms at parking area.

Description: Join us for a casual moderate ride exploring Columbia's great pathways. We start at Blandair Park and ride to Lake Elkhorn using mostly shaded trails and return to Blandair on Oakland Mills Road bike lanes. Next is a short trip through Thunder Hill neighborhoods on winding pathways and a few residential streets. 13.6 mile ride with average ride speed of 10-12 mph. Optional lunch afterwards location TBD

Cue sheet: <https://ridewithgps.com/routes/51472837>

Ride Leader: Loretta Duff, 301- 440-4944



Moderate/Advanced Ride

Ride date/time: July 31 @ 8:00 AM

Rain date: August 1

Departure location: Zinner Home (8112 Sea Water Path, Columbia MD). Lots of street parking.

Description: This is not your normal C2H ride. While we will bike 29 miles with 1500 feet of climbing and an average ride speed of 10-12 mph, we'll be stopping at nine cemeteries and learning some history. In all we'll be biking for about 3 hours and visiting cemeteries for about 90 minutes total with expected end time at 12:30. If you intend to join us, please RSVP to David - 410-733-3700 or davidzinner26@gmail.com. To read about the cemeteries, go to [this link](#).

Cue sheet: <https://ridewithgps.com/routes/47933465>

Ride Leader: David Zinner, 410-733-3700

Advanced Ride

Ride date/time: July 31 @ 8:30 AM

Rain date: August 1

Departure location: Maple Lawn (11710 E Market Pl, Fulton, MD 207590). Please keep parking spots close to the stores for customers.

Description: This ride through the beautiful rolling hills and farmland of western Howard County is the same that Maple Lawn Cycling Club does on Sunday at 8:30 am. Optional post-ride iced coffee and donuts or pastries at Decadent! We ride on roads of all types, with and without shoulders. 28.5 miles with an average ride speed of 12-14 mph. Please make sure you are comfortable with this. There is a short water break at mile 11, one refuel / bathroom stop possible at Highs in Glenelg at mile 18, and did I mention donuts and pastries at the end?

Cue sheet: <https://ridewithgps.com/routes/47758918>

Ride Leader: Larry Schoen, 410-340-1525

August Rides

Casual/Moderate Ride

Ride date/time: August 5 @ 9:30 AM

Rain date: August 8

Departure location: Café Columbia Parking Lot (5550 Sterrett Pl, #103 Columbia MD). Park to the right of Cafe Columbia, in the shaded area along the tree-line. Cafe Columbia is allowing us to use their restrooms if you need them. Cafe Columbia is going to provide free coffee after the ride. Crepes and waffles can be purchased.

Description: A 10-mile ride primarily on Columbia's trails with a couple mile stretch on the Oakland Mills bicycle pathway. One hill near the beginning climbing up to Oakland Mills, otherwise it is a very easy ride. Total elevation gain is just over 400 feet. Bathroom stop at Blandair Park, approx 3 miles into ride. Regrouping 3-4 times during the ride. Average ride speed of 8-10 mph.

Cue sheet: <https://ridewithgps.com/routes/51761455>

Ride Leader: Kevin Grady, 240-517-9854



Moderate Ride

Ride date/time: August 7 @ 9:00 AM

Rain date: August 8

Departure location: Ride Leader's Home (8610 Hayshed Lane). Park on street, but please keep mailbox clear.

Description: At the upper limit of a moderate ride, with a couple of good hills--1,100 ft of climbing--but it's late in the season. Mostly neighborhood streets and secondary roads, but with a couple of tricky traffic spots that will call on your skills; these will be briefed. At least two regroupings. Bathroom at leader's house. 20 miles with an average ride speed of 10-12 mph.

Cue sheet: <https://ridewithgps.com/routes/51714415>

Ride Leader: David Ward, 443-537-3626

Advanced Ride

Ride date/time: August 7

Pending – See Listserv for Updates

Casual Ride

Ride date/time: August 12 @ 9:30 AM

Departure location: Blandair Regional Park, **East** Area Parking Lot (5750 Oakland Mills Rd.)

Description: This route is primarily on Columbia bike paths with some surface road riding upon exiting parking area and residential streets mid-ride. Ride goes from Blandair Park to Wilde Lake neighborhood and return. Regrouping for major road crossings. 8.7 mile ride with 345 ft elevation gain and average speed of 8-10 mph. Restrooms available at the starting area.

Cue sheet: <https://ridewithgps.com/routes/51958262>

Ride Leader: Jean Grady, 202-302-7534

Moderate/Advanced Ride

Ride date/time: August 14 @ 9:00 AM

Rain date: August 15

Departure location: Zinner Home (8112 Sea Water Path, Columbia). Easy parking - bathroom available.

Description: Expecting summer heat - so leaving at 9am and only doing 21 miles. Early part of the ride sees great downhill on new cut and pleasant riding along River Rd. and on Grist Mill Trail. Practice drafting on Race Rd. Some uphill on the way back so we'll get a good workout. Average ride speed of 10-12 mph.

Cue sheet: <https://ridewithgps.com/routes/51886334>

Ride Leader: David Zinner, 410-733-3700



Advanced Ride

Ride date/time: August 14 @ 10:00 AM

Departure location: Utica Park (10200-B Old Frederick Rd). Park near picnic pavilion. Porta-potties and/or restrooms available.

Description: This 28-mile ride takes place in Frederick County and passes through three covered bridges. It is a moderately hilly ride - about 43 ft/mile of elevation gain - on mostly quite roads. We will regroup at mile 8, Loys Station Park, prior to crossing the first covered bridge. The park has restrooms as well as a water fountain. We will also regroup just before crossing the second covered bridge at around mile 17, in the park off Roddy Road. We finish up back at Utica Park. Average ride speed of 12-15 mph.

Cue sheet: <https://ridewithgps.com/routes/48487262>

Ride Leader: Rich Madonna, 443-896-8371

Casual Ride

Ride date/time: August 19 @ 9:30 AM

Departure location: Lake Elkhorn Dock (7200 Dockside Lane). Park on Cradlerock Drive if Dockside Lane lot is full. Be sure to bring water and wear sunscreen.

Description: This ride is largely on the pathway system, except for a portion on Stevens Forest. It has a couple of climbs shortly after the start and another big one, after crossing Rt. 29 on our way back. This ride is unique for its focus on literacy -- we'll visit two Little Free Libraries, where you can donate a book or get one for free. On the return leg, we'll stop briefly at Lake Kitty to use the Porta Potties if needed. 10.6 miles with an average ride speed between 8-10 mph.

Cue sheet: <https://ridewithgps.com/routes/51731497>

Ride Leader: Ed Warner, 240-646-2786

Moderate Ride

Ride date/time: August 21 @ 9:30 AM

Departure location: Blandair Park (5750 Oakland Mills Rd). Park in large lot next to the soccer fields toward the Oakland Mills Road side of the lot.

Description: The 12-mile ride takes us from the parking lot at Blandair onto Oakland Mills Road, around the traffic circle and on to Old Montgomery Road. We cross Tamar Drive and join with one of the Columbia bike paths. We take the bike path down to Lake Elkhorn, ride around the north side of the lake and join the Patuxent Branch bike path. This path takes us to the truss bridge leading to Savage. The bridge is the turn around point, and we will regroup there. There are also porta-potties available. We go back to Lake Elkhorn, ride around the south side, and rejoin the Columbia bike paths. We exit the path at Cradlerock Way for a short on street ride and the rejoin the paths until we get to Afternoon Lane. From there, it is a short ride back to Blandair park. Average ride speed of 10-12 mph.

Cue sheet: <https://ridewithgps.com/routes/48209190>

Ride Leader: Rich Madonna, 443-896-8371

Advanced Ride

Ride date/time: August 21

Pending – See Listserv for Updates



Casual/Moderate Ride

Ride date/time: August 26 @ 10:00 AM

Departure location: Lake Elkhorn Dock (7200 Dockside Ln).

Description: Mostly shady 11.7-mile ride circling Lake Elkhorn and down Patuxent Branch Trail to Savage. At Savage, there is the option to continue through town and up the Savage Mill Trail. On the return we'll stop at the bakery at Savage Mill before returning to Lake Elkhorn dock. Average ride speed of 9-11 mph.

Cue sheet: <https://ridewithgps.com/routes/47493973>

Ride Leader: Greta Swanson, 443-538-3623

Moderate Ride

Ride date/time: August 28 @ 9:30 AM

Rain date: August 29

Departure location: Wilde Lake Barn (10125 Hyla Brook Rd. Columbia). Park on street

Description: 3 Lake Ride, starting at Wilde Lake Barn, 1st stop at Port-a-Potties at Lake Kitt (at about 1 mile mark). Mostly on pathways, West Running Brook Rd (residential rd) and a short section along Old Annapolis Rd on sidewalk. Several drop off points when going past start for 3- and 9-mile rides. After completing Lake Kitt loop, a somewhat hilly ride on pathways to Cedar Lane Park, then around Wilde Lake, then on West Running Brook which is hilly to Centennial Lake and back to start. 17 miles with an average ride speed of 8-12 mph

Cue sheet: <https://ridewithgps.com/routes/51862995>

Ride Leader: Jeff Friedhoffer, 410-218-1416

Advanced Ride

Ride date/time: August 28 @ 10:00 AM

Departure location: Ten Oaks Tavern (3900 Ten Oaks Rd. #1 Glenelg, MD). Park on Tridelphia Rd. side of parking lot. No public restrooms other than at Royal Farms and Highs

Description: This is a short-advanced ride (kept short for riders riding the Amish Tour the following weekend). There is a little over 1,100 ft of elevation gain. The ride starts from Ten Oaks Tavern and heads east on Folly Quarter Rd. We do a quick jog to the north on Carroll Mill rd. to rejoin Tridelphia Rd heading west. We continue past the starting point until we reach Sharp Rd. We take that northwest where it turns into Shady Lane. Shady Lane joins Burntwoods Rd., which we take to Hobbs Rd. From Hobbs, we hop on Mckendree Rd and take that to Frederick Rd. We are on Frederick heading east for about a mile and then turn south on Pfefferkorn Rd. We follow this road to Ten Oaks Rd which takes us back to the start. There is one climb of note starting around mile 6 and going for about 3/4 of a mile. 19 miles with an average ride speed of 13-15 mph.

Cue sheet: <https://ridewithgps.com/routes/52349478>

Ride Leader: Richard Madonna, 443-896-8371

September Ride Details



Casual Ride

Ride date/time: September 2 @ 10:00 AM

Departure location: Meadowbrook Park (5001 Meadowbrook Ln. Ellicott City). Park in the lot behind MAC, Meadowbrook Athletic Center.

Description: We'll start with tour of Meadowbrook Park, about a two-mile loop, with a visit to the Howard County Covid Victims Memorial. Then exit the park to the neighborhood roads to see the new Howard County Courthouse, followed by paths through the Red Branch business area. New, infrequent, or easy riders are welcome to ride the park section only. 7.7 miles with an average ride speed of 9-11 mph.

Cue sheet: <https://ridewithgps.com/routes/46718874>

Ride Leader: Joe Horvath, 410-707-9477

Moderate Ride

Ride date/time: September 4 @ 9:30 AM

Rain date: September 5

Departure location: Blandair Park North Area Parking near Laura's Place playground (5700 Oakland Mills Rd. Columbia). Restrooms at parking area. Note: this start location is at the northern "new" end of Blandair, please address above to navigate to the lot.

Description: Join us for a moderate shady ride exploring Columbia's great pathways. We start at Blandair Park and ride to Lake Elkhorn using mostly trails and return to Blandair on Oakland Mills Road bike lanes. Next is a short trip through Thunder Hill skirting a pond on winding pathways and residential streets. 15.5 miles with average ride speed of 10-12 mph. It's possible to shorten the ride to 8 miles by returning to car as we pass by Blandair on route to Thunder Hill. Optional breakfast/lunch afterwards at Towson Hot Bagel or other café.

Cue sheet: <https://ridewithgps.com/routes/52368793>

Ride Leader: Loretta Duff, 301-440-4944

Advanced Ride

Ride date/time: September 4 @ 9:30 AM

Departure location: Ten Oaks Tavern (3900 Ten Oaks Rd #1, Glenelg, MD 21737). Park in lot on Tridelphia – road-side of the tavern.

Description: A somewhat hilly ride (~1,370 ft. of elevation gain) on familiar western Howard County Roads. We head NE on Tridelphia to Frederick Rd. We climb Sand Hill Rd. and meet up with Old Frederick Rd which we take west. We cross Rt 32 and eventually turn right on Underwood Rd. which takes us to Forsythe. We take Forsythe to Rt 97 for a quick jog north and then turn back onto Old Frederick, continuing west until we come to Morgan Station Rd. We take that south to Frederick Rd where we take a quick jog onto Carrs Mill Rd. We cross Rt 97 onto Mckendree Rd. and pick up Hobbs Rd taking us south to Burntwoods Road. This takes us back to Ten Oaks Rd. and returns to the starting point. 24 miles with an average ride speed 12-15 mph.

Cue sheet: <https://ridewithgps.com/routes/44575236>

Ride Leader: Richard Madonna, 443-896-8371



Moderate Ride

Ride date/time: September 9 @ 10:00 AM

Departure location: Paper Mill Road NCR Trailhead (1302 Paper Mill Rd #1300, Cockeysville, MD 21030). This is the SECOND trailhead from the southern end of the trail one half mile from the southern end of the trail. There about 100 parking spots available. **Please plan to leave the Columbia area by 9:00 AM because of rush hour traffic.** If you're running late the day of the ride, please call or text me at 410-218-1416. We will wait for you if we know you're coming.

Description: 20-mile ride with an average ride speed of 10-12 mph. Slight uphill going north for the first half of the ride. The trail is packed stone, but there are many areas of loose gravel, so the pace will be slower in those areas.

Cue sheet: <https://ridewithgps.com/routes/52504356>

Ride Leader: Jeff Friedhoffer, 410-218-1416

Moderate Ride

Ride date/time: September 11

Pending – See Listserv for Updates

Advanced Ride

Ride date/time: September 11 @ 10:00 AM

Rain date: September 12

Departure location: Parking Lot A behind the Trolley Stop (6 Oella Avenue, Oella (Just before Old Ellicott City)). From Frederick Road turn onto Oella Avenue. Parking Lot A is just behind the Trolley Stop.

Description: Leaving Old Ellicott City the route goes through Patapsco Valley State Park via the Grist Mill Trail. We will cross Route 1 and ride through Old Elkrige before returning to the Park. A ride along River Road crosses the Swinging Bridge returns to the Grist Mill Trail. A long climb up Bonnie Branch ends in a relaxing downhill ride back to OEC. 23.3 miles with an average ride speed of 12 – 15 mph.

Cue sheet: <https://ridewithgps.com/routes/52339039>

Ride Leader: Pat Payne, 410-978-2979

Casual Ride

Ride date/time: September 16 @ 9:30 AM

Departure location: Lake Elkhorn Dock (7200 Dockside Lane). Park on Cradlerock Drive if Dockside Lane lot is full.

Description: A trip to the Oakland Mills shopping center via Oakland Mills' protected cycle lane and then a return thru the woods on the pathway system. Distance is 8 miles with a possible emergency potty stop at the Dunkin Donuts on Stevens Forest. Average ride speed between 8-10 mph.

Cue sheet: <https://ridewithgps.com/routes/44451294>

Ride Leader: Ed Warner, 240-646-2786

Moderate Ride

Ride date/time: September 18

Pending – See Listserv for Updates



Moderate/Advanced Ride

Ride date/time: September 18 @ 10:30 AM

Rain date: September 19

Departure location: North Easton Sports Complex (1078 N Washington Street Easton, MD 21601). Park in lot to immediate left as you enter the park. Restroom available in building next to lot.

Description: This is a flat (~ 9ft/mile elevation gain) 29-mile ride on the eastern shore. Depart the park along the Easton bike trail. We connect to Idlewild Ave. which eventually becomes the Oxford Road taking us through Oxford to the ferry. We will regroup at the ferry. We ferry across to Bellevue and work our way on quite back roads to St. Michael's Road. We take Unionville Road to Glebe Rd and ride north of the airport where we turn and head south to the park. Ride speed will be dictated by wind conditions. Notes: The ferry costs \$12/cyclist. Exact fare is appreciated by the operators. **Please let the ride leader (rgmadonna.phd@gmail.com) know by 5 PM on 9/17 if you are riding. If no responses are received, the ride will be cancelled.**

Cue sheet: <https://ridewithgps.com/routes/44098341>

Ride Leader: Richard Madonna, 443-896-8371

Casual/Moderate Ride

Ride date/time: September 23 @ 9:30 AM

Departure location: Café Columbia (5550 Sterrett Place, Suite 103, Columbia MD). Park to the right of Cafe Columbia (east) along the tree line.

Description: An 11-mile ride in Columbia on trails and quieter streets. The route passes 4 lakes and has an elevation climb of 500 feet. Two stops are planned at roughly 4 and 8 miles, with a few brief pauses for regrouping. Cafe Columbia has offered to provide free coffee again after the ride. Crepes and waffles can be purchased. Cafe Columbia also allows us to use their restrooms before and after the ride. Average ride speed of 8-11 mph.

Cue sheet: <https://ridewithgps.com/routes/52468690>

Ride Leader: Kevin Grady, 240-517-9854

Moderate/Advanced Ride

Ride date/time: September 25 @ 10:00 AM

Departure location: Marley Station Mall near Penneys (7900 Ritchie Highway, Glen Burnie MD).

Description: Relatively flat 20.9-mile ride along paved B&A trail. Average ride speed of 10 – 12 mph. The ride starts from the JC Penney's parking lot in Marley Station Mall and follows the B&A Trail 10+ miles to Boulter's Way, then returns on the same route. We will make stops at the Ranger Station restrooms on the way out. On the return, we'll stop at the Big Bean/crepes place for snacks and socializing

Cue sheet: <https://ridewithgps.com/routes/52753086>

Ride Leader: Greta Swanson, 443-538-3623



Advanced Ride

Ride date/time: September 25 @ 10:00 AM

Departure location: Glenwood 50+ Center (2400 MD-97 Cooksville, MD).

Description: Park on right side of the 50+ center. Bathrooms are available inside. Nice quiet 23.6-mile ride with a few hills including Forsythe Road. Average ride speed of 13-14 mph.

Cue sheet: <https://ridewithgps.com/routes/52676853>

Ride Leader: Colin Roberts, 410-262-4123

Casual/Moderate Ride

Ride date/time: September 30 @ 10:00 AM

Rain date: October 3

Departure location: Peninsula Park (PAL Park - 1025 Bay Bridge Road, Annapolis MD). Choose between 6 miles or 13.8 Miles of riding. Port-a-potties at new adjacent parking area.

Description: Join us for a truly beautiful, TAKE OUR TIME (7-10mph) 13.8-mile ride along the sparkling Bay and out to Thomas Point. Both locations offer spectacular open-water views featuring the Bay Bridge, sailing yachts, Thomas Point Lighthouse and marinas (Lots of stops)! We initially bike along single lane lightly-moderately traveled roads from Peninsula Park before ending up on quiet bay-front neighborhood roads. We then return to Peninsula Park (6 mi) before heading out to Thomas Point (for an additional 7.8 mi round trip). Make note: Thomas Point Park Road is 100 yds of unmaintained, cratered, packed gravel requiring slow attentive riding. Picnic tables and Port-A-Potties are available at this point. When we were there the Thomas Point flies liked to bite so it's a good idea to spray your legs and arms before that part of the trip. Optional lunch afterwards at "Bread and Butter Kitchen" (303 Second St. Eastport // 410-202-8680) Street parking near the docks! Bring locks.

Cue sheet: <https://ridewithgps.com/routes/52395574>

Ride Leader: Richard Duff, 301-440-4943

October Ride Details

Moderate Ride

Ride date/time: October 2

Pending – See Listserv for Updates

Advanced Ride

Ride date/time: October 2 @ 10:00 AM

Departure location: Utica Park (10200 Old Frederick Road) Spot-a-pots available at the park

Description: 25 miles, 1465 ft climbing with hills. One covered bridge-Utica, beautiful views of the mountains and Fall scenery. Average ride speed of about 13 mph.

Cue sheet: <https://ridewithgps.com/routes/42024400>

Ride Leader: Marge Ewertz, 410-446-4691



Casual/Moderate Ride

Ride date/time: October 7 @ 9:30 AM

Departure location: East Columbia 50+ Center Parking Lot - 39.18906° N, 76.84678° W (6610 Cradlerock Way). PLEASE: park at the far end of the lot, opposite the library.

Description: 11.8 miles and 535 ft total ascent at ride speed of 8-10 mph. The route goes to Lake Elkhorn, up the Oakland Mills Road protected bicycle lane, through Blandair Park, down to and across the bridge over Route 29, around Lake Kittamaqundi and return, which includes an alternate route on paths through the woods.

Cue sheet: <https://ridewithgps.com/routes/52744479>

Ride Leader: Jean Grady, 202-302-7534

Moderate/Advanced Ride

Ride date/time: October 9 @ 9:00 AM

Rain date: October 10

Departure location: Oakland Mills Interfaith Center – Meeting House (5885 Robert Oliver Place, Columbia MD)

Description: 25-mile ride that stops at 4 succahs in Howard County - some major roads - a few big hills - bring lunch to eat in the last succah. Average ride speed of 10-12 mph.

Cue sheet: <https://ridewithgps.com/routes/44102020>

Ride Leader: David Zinner, 410-733-3700

Advanced Ride

Ride date/time: October 9 @ 10:00 AM

Departure location: Glenwood 50+ Center (2400 MD-97, Cooksville MD 21723). When facing the center, please park in the left side lot of the center. Bathrooms are available inside.

Description: Glenwood Annapolis Rock Mullinix Mills -24 miles, hilly with 1700 ft climbing. Plan to stay for lunch and a beverage afterwards at Walkers. Average ride speed of about 13 mph.

Cue sheet: <https://ridewithgps.com/routes/37933025>

Ride Leader: Marge Ewertz, 410-446-4691

Casual Ride

Ride date/time: October 14

DETAILS COMING SOON

Ride Leader: Richard Duff, 301-440-4943

Moderate Ride

Ride date/time: October 16

DETAILS COMING SOON

Ride Leader: Greta Swanson, 443-538-3623



Advanced Ride

Ride date/time: October 16 @ 10:00 AM

Departure location: Lisbon Park and Ride (918 Woodbine Rd. Woodbine, MD 21797). Despite the Woodbine Rd address, the entrance to the park and ride lot is off of Old Frederick.

Description: This short ride features moderate hills through scenic western HoCo farm country. We hit peak altitude at mile 5 then enjoy an almost 8-mile (mostly) downhill stretch on Florence Rd. Still some hills after that, but none of them too, too bad. We'll regroup a couple of times so that the ride leader can catch up with the "kids." 21.4 miles with an average ride speed of 13-15 mph.

Cue sheet: <https://ridewithgps.com/routes/52638755>

Ride Leader: David Ward, 443-537-3626

Casual/Moderate Ride

Ride date/time: October 21 @ 10:00 AM

Departure location: Historic Oakland Manor (5430 Vantage Point Road). Rest room facilities at start of ride.

Description: Ride to Woodlawn Plantation House & Slave Quarters, starting at Historic Oakland Manor 5430 Vantage Point Rd, Around Lake Kitt, across RT 29 pedestrian bridge, long hill to Steven's Forest Rd, to Blandair Park on paths thru Thunderhill, some steep short hill on this part of ride, cross Rt 108 from Mellon Brook to Bendix Rd, to courthouse and then onto pathway to what had been Woodlawn Plantation Slave quarters. Also ride to the Woodlawn Plantation house and then reverse the route back to start. 12.6 miles with 705 ft elevation gain and an average ride speed of 8-10 mph.

Cue sheet: <https://ridewithgps.com/routes/52545467>

Ride Leader: Jeff Friedhoffer, 410-218-1416

Moderate/Advanced Ride

Ride date/time: October 23 @ 10:00 AM

Departure location: Glenwood 50+ Center (2400 MD-97 Cooksville, MD). When facing the center, please park on left side. Bathrooms available in the 50+ Center.

Description: Beautiful but hilly 20.3-mile ride through western Howard County with an average ride speed of 10-12 mph. We will stop 2 or 3 times to regroup.

Cue sheet: <https://ridewithgps.com/routes/50251961>

Ride Leader: Colin Roberts, 410-262-4123

Advanced Ride

Ride date/time: October 23 @ 10:00 AM

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

Description: Large 31-mile loop around Utica Park. We visit three covered bridges and pass through the town of Thurmont. We are on mostly quiet roads moving through farmland. Average ride speed between 12-15 mph with total elevation gain of approximately 1330 ft (43 ft/mile) with mostly gentle climbs.

Cue sheet: <https://ridewithgps.com/routes/51181576>

Ride Leader: Richard Madonna, 443-896-8371



Casual/Moderate Ride

Ride date/time: October 28 @ 10:00 AM

Rain date: October 31

Departure location: Historic Oakland Manor (5430 Vantage Point Rd). Rest room facilities at start of ride.

Description: Start at Historic Oakland Manor, around Wilde Lake. Ride is mostly on paths, but there is a long up hill from Wilde Lake to Harpers Choice. Ride continues into Swansfield and then a lovely ride into the Middle Patuxent River Valley, where there are some steep down and up hills. Then ride to Cedar Lane Park, with a short ride on Rt 108 on a wide shoulder to Eliots Oak Rd, continuing back onto a nice downhill on paths thru Longfellow and back around Wilde Lake to the start. 10 miles with 625 ft elevation gain and average ride speed of 8-10 mph.

Cue sheet: <https://ridewithgps.com/routes/52638757>

Ride Leader: Jeff Friedhoffer, 410-218-1416

Moderate Ride

Ride date/time: October 30 @ 10:00 AM

Departure location: Ellicott City 50+ Center (9401 Frederick Rd. Ellicott City, MD). Park in the EC50+ lot next to the library lot.

Description: Climb some hills and ride some roads with this 10.5-mile ride. We'll follow Columbia Rd to Old Annapolis with a visit to Centennial Park North. Next to the old Font Hill Golf Course looping around to Pine Orchard's Historic marker, then return by Frederick Rd. Note, some hills are steep, especially by the park exit. Note some road sections don't have wide shoulders. We will ride a short section where Frederick Rd and Baltimore National Pike are merged to a parallel road. Average ride speed between 10-12 mph.

Cue sheet: <https://ridewithgps.com/routes/52848310>

Ride Leader: Joe Horvath, 410-707-9477

Advanced Ride

Ride date/time: October 30 @ 10:00 AM

Rain date: October 31

Departure location: Alpha Ridge Park (11685 Old Frederick Rd. Marriottsville). Rest rooms available at the park.

Description: Moderately 24-mile hilly ride (1572 feet) from Alpha Ridge Park. The route takes us through Sykesville to Old Washington Road. We will then ride to Eden Mill Road and take Morgan Station Road back to Old Frederick Road. Average ride speed of 11-15 mph.

Cue sheet: <https://ridewithgps.com/routes/52693030>

Ride Leader: Pat Payne, 410-978-2979

Casual Ride

Ride date/time: November 4

DETAILS COMING SOON

Ride Leader: Irv Pritchett, 443-889-0955



Moderate/Advanced Ride

Ride date/time: November 6 @ 8:00 AM

Rain date: November 7

Departure location: Zinner Home (8112 Sea Water Path, Columbia MD)

Description: This is not your normal C2H advanced ride. While we will bike 29 miles with 1500 feet of climbing, we'll be stopping at nine cemeteries and learning some history. In all we'll be biking for about 3 hours and visiting cemeteries for about 90 minutes total with expected end time at 12:30. If you intend to join us, please RSVP to David - 410-733-3700 or davidzinner26@gmail.com. To read about the cemeteries, go to [this link](#). Average ride speed of 10-12 mph.

Cue sheet: <https://ridewithgps.com/routes/47933465>

Ride Leader: David Zinner, 410-733-3700

Advanced Ride

Ride date/time: November 6 @ 10:00 AM

Departure location: Ten Oaks Tavern (3900 Ten Oaks Rd. Glenelg MD). Park on the side of Ten Oaks Tavern. Rest rooms are available across the street at the Highs.

Description: Hilly 25.3-mile ride (1774 feet) in and around Glenelg to end the season. The ride includes a climb up Triadelphia Mill. Average ride speed between 12-15 mph.

Cue sheet: <https://ridewithgps.com/routes/52807277>

Ride Leader: Pat Payne, 410-978-2979