



Cycle2Health 2026 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 Ride Details

Casual Ride

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

Departure location: Ellicott City 50+ Center (9401 Frederick Rd. Ellicott City, MD 21042). Please arrive early to check in and greet C2H coordinator Rachel Filar. Park in the 50+ Center's far lot that's next to the library parking. Check your Air, Brakes, & Chain. Bring a water bottle and don't forget your helmet.

Description: Easy 9-mile local loop based on an original Casual C2H ride. Rolling terrain on side streets lead to CA pathways along the Little Patuxent stream bed. Frequent regroupings on C2H opening ride.

Cue sheet: <https://ridewithgps.com/routes/54145401>

Ride Leader: Joe Horvath, 410-707-9477

Moderate Ride

Ride date/time: May 7 @ 10:00 AM

Departure location: Blandair Park (5750 Oakland Mills Rd. Columbia, MD 21045). Park in West Parking Lot by soccer fields.

Description: 12-miles with average ride speed of 10-12 mph. A ride mostly on Columbia-Howard County bike paths. A few short hills on the route. Ride starts and ends at Blandair Park. We turn around at the bridge in Savage. Caution is urged on some of the wooden bike paths on the southern end of the route as they have some sharp turns.

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

Ride Leader: Richard Madonna, 443-896-8371

No Advanced Ride on May

Ride date/time: May 7

Details Coming Soon



Casual Ride

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

Departure location: Lake Elkhorn Dock (7200 Dockside Lane). If lot is full, please park on Cradlerock Drive.

Description: 9.5-miles with an average ride speed of 10-12 mph. This ride is almost entirely on pathways but take a look at the RideWithGPS route to see if it looks good to you. There're Porta Potties at Lake Kitty, the halfway point. Be sure to bring water, helmet and a spare inner tube for your bike's tire. Option for coffee/socializing afterward at Uber Bagel (which you can ride or drive to).

Cue sheet: <https://ridewithgps.com/routes/54394264>

Ride Leader: Ed Warner, 240-646-2786

Moderate/Advanced Ride

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

Rain date: May 15

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

Description: Warm up 20-mile ride for the start of the season - only 1000 feet of climbing with average ride speed of 10-12mph. Start at Zinner house (bathroom and air pump available) - some traffic to lawyer's hill, then through the park and back - onto Race Road (very flat) - work our way back with some hills and some traffic - rest stop in the park and as needed.

Cue sheet: <https://ridewithgps.com/routes/54577896>

Ride Leader: David Zinner, 410-733-3700

Advanced Ride

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

Departure location: Glenwood (Gary J. Arthur) Community Center (2400 MD-97, Cooksville MD 21723). Park on the side of the building. Rest rooms are available.

Description: A favorite advanced 23.1-mile ride from Glenwood to Florence on low traffic roads in Western Howard County. 1419 Feet of climbing with 1418 feet of downhill and an average ride of 12-15 mph.

Cue sheet: <https://ridewithgps.com/routes/54789381>

Ride Leader: Pat Payne, 410-978-2979

Casual/Moderate Ride

Ride date/time: May 19 @ 9:00 AM

Departure location: East Columbia Library in Owen Brown (6600 Cradlerock Way, Columbia)

Description: It will be hot - 9am start - **bring two bottles of water** - frequent re-grouping. 10.8 miles with an average ride speed of 8-10 mph.

Cue sheet: <https://ridewithgps.com/routes/43279256>

Ride Leader: David Zinner, 410-733-3700



Moderate or Moderate/Advanced Ride

Ride date/time: May 21

Details Coming Soon

Advanced Ride

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

Departure location: Parking Lot A behind the Trolley Stop in Old Ellicott City (6 Oella Ave. Ellicott City, MD 21043). Parking Lot A is behind the Trolley Stop, which is on Frederick Road

Description: This 22.3-mile ride starts in Oella and goes toward Patapsco Valley Park via River Road. We will ride up Westchester Avenue and then head toward Catonsville and ultimately to the park. River Road will take us to the Swinging Bridge and the Grist Mill Trail. A climb up Bonnie Branch (my favorite road) will be rewarded with a 2-mile downhill ride on New Cut Road to the end of the ride. Average ride speed of 12-15 mph.

Cue sheet: <https://ridewithgps.com/routes/55128294>

Ride Leader: Pat Payne, 410-978-2979

Casual *Instructional* Ride

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

Departure location: Merriweather Post Pavilion Parking Lot 3 – The Symphony Woods Garage (6275 Mango Tree Dr. Columbia MD). We will discuss some safety points before starting.

Description: Skills And Confidence To Ride On The Road – this is a 4.5-mile instructional ride for those who want to develop some of the skills and confidence needed to ride on the road better and, above all else, safely. We will (1) go up, but not too much (and easily), (2) what goes up ..., (3) go straight, and (4) turn. The route is only 4.5 miles, but with many stops to discuss how to deal with (light) traffic, road hazards and other conditions, and how to ride in a group. An important riding skill that you must have: be able to ride with one hand (otherwise you cannot signal a turn!). Chris Tsien is a League of American Bicyclists Certified Instructor (<https://bikeleague.org/ridesmart/>). **Group size: 10 MAXIMUM.**

Cue sheet: <https://ridewithgps.com/routes/46670680>

Ride Leader: Chris Tsien, 410-908-6870

Casual/Moderate Ride

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

Rain date: May 29

Departure location: West Entrance to Centennial Park, off Centennial Lane (4651 Centennial Ln, Ellicott City, MD 21042). Drive down to park by the bathrooms, which should be open

Description: An easy 6.2-mile ride, touring Centennial Lake and the Beaverbrook community for CASUAL riders, followed by 10 MODERATE miles, going up Centennial Lane through the Font Hill and Preserve neighborhoods, across Old Annapolis, then down Woodland Road to rejoin the lake path. Average ride speed of 8 – 10 mph.

Cue sheet: <https://ridewithgps.com/routes/35922189>

Ride Leader: Marlene West, 410-733-8786



Advanced Ride

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

Departure location: Glenwood 50+ Center (2400 MD-97, Cooksville, MD 21723). Park on side of building.

Description: This is a 20-mile ride with approximately 1,170 ft of elevation gain. We depart the 50+ center, cross Rt 97 and make our way over to Pfefferkorn Rd. This takes us to Ten Oaks Rd which we follow to the first traffic circle we exit the circle at the third exit and continue on Tridelphia Rd., which has a sharp descent as we approach Carroll Mill Rd. We make a right on Carroll Mill and a right on Folly Quarter Rd. Folly Quarter has elevation gain. We reconnect with Tridelphia, follow it through the traffic circle at Ten Oaks, and after a quick loop through a neighborhood off of Tridelphia, we follow the road to Sharp Rd. which quickly becomes Shady Lane. We make a right onto Burntwoods Rd. and shortly thereafter, we make a left onto Hobb. Rd. This takes us back to Mckendree Rd., which we turn left on. We follow Mckendree to the traffic light on Rt 97, cross Rt 97 and return to the 50+ Center. Average ride speed of 13 – 15 mph.

Cue sheet: <https://ridewithgps.com/routes/54728635>

Ride Leader: Richard Madonna, 443-896-8371

June Ride Details

Casual Ride

Ride date/time: June 2 @ 9:30 AM

Departure location: Lake Elkhorn Dock (7200 Dockside Lane). Park in the Dockside Lane lot or on Cradlerock.

Description: This is an out-and-back 11.7-miler to Savage Mill, w/a stop for coffee at the Mill -- if it's not too hot (the weather, not the coffee). We'll go along the Pax Branch Trail, so this sometimes muddy route may not be the best for road bikes. Then, we'll climb a big hill, before heading into Savage Park's woods, for some shade.

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

Ride Leader: Ed Warner, 240-646-2786

No Rides Departing on June 4

Casual or Casual/Moderate Ride

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

Departure location: Ellicott City 50+ Center (9401 Frederick Rd. Ellicott City). Park in the 50+ parking lot closest to the library parking lot. Come a few minutes early & check in so we can start on time

Description: Easy 9-mile ride on residential streets and bike paths to Centennial Lake East area and back. Average ride speed of 8 – 10 mph.

Cue sheet: <https://ridewithgps.com/routes/44708259>

Ride Leader: Joe Horvath, 410-707-9477



Moderate/Advanced Ride

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

Rain date: June 12

Departure location: Ranger Station (51 W Earleigh Heights Rd. Severna Park, MD 21146). There are parking lots on both sides of the road at the ranger station. Restrooms next to the ranger station.

Description: Popular ride on mostly flat and sunny paved B&A trail from the Ranger station parking lot at 51 W. Earleigh Heights Road Severna Park. We'll first ride north to Marley Station turning around and returning to Ranger Station. We'll then ride south to the end of the trail at Boulders Way and return stopping at The Big Bean Coffee, Froyo & Crepe shops for food & conversation. Afterward only 2 miles back to parking lot. Total of 21.6 miles. Option to shorten ride by returning to Ranger Station/car after Marley Station (7.6 miles) or add in the Big Bean (11.6 miles). Ride speed of 10-12 mph. Restrooms available at ranger station and The Big Bean/Froyo shops.

Cue sheet: <https://ridewithgps.com/routes/54670994>

Ride Leader: Loretta Duff, 301-440-4944

Advanced Ride

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

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

Description: This is a 23-mile ride with approximately 1,260 ft of elevation gain. The ride takes us from Alpha Ridge Park down along the South Branch of the Patapsco River, through Sykesville to Piney Run State Park and Piney Run Lake. We stop for a few minutes at the lake to enjoy the scenery while taking a break from the saddle. Coming back, we loop around Sykesville, connecting to Forsythe Rd and then Underwood Rd. We then join Old Frederick Rd. to return to Alpha Ridge Park. We do use the shoulder of Rt. 32 for about 1.5 miles to transit from Old Frederick Rd. to River Rd. The road has a wide shoulder and is used by cyclists. Riders should remain in single file during this transit. 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 16 @ 10:00 AM

Rain date: June 17

Departure location: Centennial Lane Entrance (4651 Centennial Lane). Park at end, near pavilion.

Description: An easy 6.2 mile ride, touring Centennial Lake and quiet neighborhood roads of the Beaverbrook community and back to car for CASUAL riders, followed by 11 MODERATE miles or more trafficked road riding, going up Centennial Lane thru the Font Hill and The Preserve neighborhoods, across Old Annapolis, then down Woodland Road to rejoin the lake path. Average ride speed of 10-11 mph.

Cue sheet: <https://ridewithgps.com/routes/35922189>

Ride Leader: Marlene West, 410-733-8786

Moderate or Moderate/Advanced Ride

Ride date/time: June 18

Details Coming Soon



Advanced Ride

Ride date/time: June 18 @ 10:00 AM

Departure location: Glenwood 50+ Center (400 MD-97, Cooksville, MD 21723). Park on the side lot.

Description: 21.5 miles with an average ride speed between 13-15 mph. Rolling hills with mostly light traffic roads. All road no paths. Only a short section (a few hundred feet) on a busy road near the end of the ride. Approximately 1300 feet of climbing according to my gps. We will regroup 2 or 3 times which I will discuss at start.

Cue sheet: <https://ridewithgps.com/routes/42964466>

Ride Leader: Mark Raginsky, 410-271-7490

Casual/Moderate Ride

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

Rain date: June 26

Departure location: Avalon Patapsco State Park (5120 South St. Halethorpe, MD 21227) and (by tot lot bathrooms). 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 and partly shaded 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. An 11.6 mile ride with an average ride speed of 10-12 mph. There will be an option to end the ride at 10.5 miles when we pass through the parking lot before we go up a steeper section of River Road.

Restrooms at parking area.

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

Ride Leader: Loretta Duff, 301-440-4944

Moderate or Moderate/Advanced Ride

Ride date/time: June 25

Details Coming Soon

Advanced Ride

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

Departure location: Utica Park, Frederick MD (10200-B Old Frederick Road Frederick, MD 21701). Parking lot by picnic pavilion. Port-a-potties available

Description: A 28-mile loop around the Thurmont area with approximately 1,200 ft of elevation gain. The ride is on mostly quite farmland roads. We will ride over three covered bridges in the course of this ride. Sunscreen and two water bottles are highly recommended as much of the route is unshaded. Average ride speed of 12-15 mph

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

Ride Leader: Richard Madonna, 443-896-8371

Casual *Instructional* Ride

Ride date/time: June 30

Details Coming Soon

Ride Leader: Chris Tsien, 410-908-6870