



## 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](mailto:cycle2healthhowardcounty@gmail.com) with the subject "add to listserv."*

Contact Rachel Filar at 410-313-6073 or [rfilar@howardcountymd.gov](mailto: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**

#### Advanced Ride

**Ride date/time: May 7**

**Details Coming Soon**

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.



### **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 Ride**

**Ride date/time: May 19**

**Details Coming Soon**

### **Moderate or Moderate/Advanced Ride**

**Ride date/time: May 21**

**Details Coming Soon**

### **Advanced Ride**

**Ride date/time: May 21**

**Details Coming Soon**



### **Casual \*Instructional\* Ride**

**Ride date/time: May 26**

**Details Coming Soon**

**Ride Leader: Chris Tsien, 410-908-6870**

### **Moderate or Moderate/Advanced Ride**

**Ride date/time: May 28**

**Details Coming Soon**

**Ride Leader: Marlene West, 410-733-8786**

### **Advanced Ride**

**Ride date/time: May 28**

**Details Coming Soon**

**Ride Leader: Richard Madonna, 443-896-8371**

## **June Ride Details**

### **Casual or Casual/Moderate Ride**

**Ride date/time: June 2**

**Details Coming Soon**

**Ride Leader: Ed Warner, 240-646-2786**

**No Rides Departing on June 4**

### **Casual or Casual/Moderate Ride**

**Ride date/time: June 9**

**Details Coming Soon**

### **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**

**Details Coming Soon**

### **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**

**Details Coming Soon**

### **Casual/Moderate Ride**

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

**Rain date: June 24**

**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**