

JUNE 2009 RIDE SCHEDULE

Wednesdays 9 am	B 35-50	Wheel Base	Wednesday AM Road Ride
<p>This is a mid-week ride that starts at the Wheel Base Bike shop in Frederick. Call the bike shop in advance for more information. www.wheelbasebikes.com or 301-663-9288</p>			
Wednesdays 6:15 pm	C/B 15-30	Utica District Park	Utica Wednesdays
<p>This is one of most popular rides, attracting a diverse group of riders. We'll try some new routes along with the old favorites on this easy mid-week spin where new riders are always welcome. This is a social ride and no one will be left behind. If needed we will regroup periodically or split into two groups when feasible. Usually no go in rain and ride leader duties may alternate through the season so some weeks may be impromptu. Contact club-mail@frederickpedalers.org for more information.</p>			
Sundays 8 am	A/B 35-50	Wheel Base	Sunday Morning Road Ride
<p>The entire group stays together for about an hour then usually breaks into two smaller groups, a faster ride and a slower ride. Ride goes if not too windy and roads are dry. Contact the shop in advance for more information. www.wheelbasebikes.com 301-663-9288</p>			
June 12 (Fri) EARLY	B 85	Skyline Drive, Front Royal	Riding the Skyline
<p>Several of us will be riding from the park entrance on Skyline Drive and riding for lunch at Skyland before turning back to our cars. Riding on Skyline Drive consists of either uphill at around 8 mph or downhill at around 35 mph and not much in-between. We will stop at all uphill over-looks (especially since we will be on our tandem) so the ride is sure to take all day.</p>			
June 14 (Sun) 8:30 am	CC 52	Tuscarora High School	Doug's Birthday Ride
<p>Join me in celebrating 52 years. All those still feeling frisky will head up Sugarloaf Mountain. There will be a rest/food/drink stop in Dickerson. This ride is moderately hilly and the average pace will be close to 14 mph. There will be post-ride vegan burgers, sides, and drinks at the ride leader's house (1 mile from the start).</p>			
June 20 (Sat) 8:00 am	C 64	Route 40 West K-Mart	A 32-Mile Climb Into a Tunnel
<p>Car pool to Cumberland (605' above sea level) for a ride on Great Allegheny Passage to Meyersdale, PA (2,392') and return. Pace will be 8-10 mph for first half and 15+ mph on last half. Rest stop in Frostburg at 16 miles. No other facilities so bring water. Bring light for Big Savage Tunnel. Wider tires better on crushed limestone. No cue sheets - hard to get lost on trail.</p>			
June 26 (Fri) 8:00 am	C 85+	Sterling/Route 28—Virginia	A Visit to George's Home
<p>This ride will start at the Park 'n Ride (for bikes and horses) on Route 28, east of Leesburg. Directions: Take Route 15 to Point of Rocks; cross the river and continue to Leesburg; take Route 15 by-pass to Route 7 East towards Washington; Turn right on Route 28 toward Dulles Airport; look for W&OD parking sign on your right. We will take the W&OD Rail-Trail to the Custis Trail. We will follow the Custis Trail to Teddy Roosevelt Island where the Mount Vernon Trail starts/ends. We will then take the Mount Vernon Trail past Reagan National Airport, through Alexandria and end at Mount Vernon, the home of our first president. There are plenty of places along the trails to restock on beverages and food; and at Mount Vernon to eat lunch. I did this ride approximately 10 years ago and clocked 85 miles; however adding up the mileage from the websites, I get 94. See the following websites for more information: http://www.wodfriends.org (Friends of the W&OD) and http://bikewashington.org/trails. No go if raining.</p>			
June 27 (Sat) 8:00 am	CC 34	Harry Grove Stadium	The Rolling Hills 34-Miler
<p>We will assemble at Harry Grove Stadium parking lot to prepare for an enjoyable Saturday ride. The group will depart Frederick city riding south toward Reels Mills road, crossing route 80 and making a swift descent down Park Mills Rd. The route will loop from Dickerson and west on Route 28. We will then turn north at Pleasant View or before making our way back to the ride start. The group will have to opportunity to stop at the country store on Reels Mill and restroom break at Lily Pons. Pack your own snacks as you desire and bring along plenty of water the heat.</p>			
June 28 (Sun) 9:00 am	C 30	Whittier Elementary School	Mountindale and Beyond...
<p>This is a nice, nothing fancy, straight-up meander through the rolling hills of Frederick County. No pressure to break any land speed records –let's just enjoy some quality time on the bike. Bring a snack since there is an amenities deficit. We can make a quick detour to Utica Park if a potty break is needed. As if I need to say this, no one will be dropped. Ridiculed, but of course. Left behind, not a chance.</p>			

SUNRISE and SUNSET TIMES (Wednesday Evenings)				
Date	June 3	June 10	June 17	June 24
Rise	5:43 am	5:42 am	5:42 am	5:43 am
Set	8:31 pm	8:35 pm	8:38 pm	8:40 pm