

Chesapeake Wheelmen Newsletter

XXVIII No. 8 Published by & for the Members of the Chesapeake Wheelmen, Their Sponsors & Friends August 1, 1995

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Message from the President...

Several recent news items -

As reported in the July edition of the Chesapeake Wheelmen Newsletter, our own Barry Rumsey won the Category 4 District 20 Road Race! Congratulations Barry!

Also announced in last month's newsletter is the addition of a new sponsor: Tony Neenan's Wheel Services. Tony is offering discounts to club members, as well as certificates for weekly primes at our Druid Hill Park race series. Thanks



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Tony!



Baltimore Magazine's "Best Of" issue (July 1995) has selected Bernie Troutner of Light Street Cycles as the Best Bicycle Mechanic in Baltimore. Congratulations Bernie!

Cruise News -
Sunday, October 1 is the date for our 2nd Tour de Harbor. This year, a portion of the proceeds will benefit the Baltimore Zoo's Education & Conservation Program. As last year, we have committed considerable club resources to this event. It's success depends largely upon selling tickets. Based upon feedback from last year's cruise, we are trying to upgrade the optional menu. Returning from last year will be the complimentary beer from Sisson's, and live music by The Admirals.

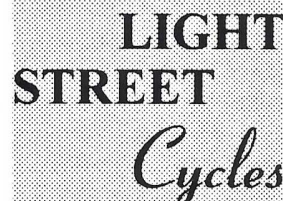
Monthly meeting format -
Beginning in August, the monthly club meeting will have a new format. It will be broken down into two, 1-hour sections:

First, from 7:30 PM to 8:30 PM, the teams will conduct a meeting. This time is intended for discussion of upcoming goals, tactics for specific races, and review of past performances.

Following this, from 8:30 PM to 9:30 PM, we will conduct a club business meeting. This time is intended for discussion and resolution of general club business, finances, and other club-wide items.

These changes will allow participation of a wider range of members, as well as controlling the duration of the meetings. We intend to strictly limit each section to the above mentioned 60 minute time slot! Also, some flexibility for attendance is built in: Not everyone is required to be present for the entire 2 hours.

Steve Gorham, *President*



New Meeting Format

As noted in the message from the President, the next monthly meeting

will inaugurate a new meeting format. All team members should plan to be on hand for the 7:30 to 8:30 segment of the meeting. The 8:30 to 9:30 session will be devoted to general club business, and all members are welcome.

Monthly Meeting Minutes

Chesapeake Wheelmen meeting minutes of July 10, 1995

6 members present, meeting called to order at 7:50 P.M. with Steve Gorham presiding.

A new member, James S. Herbert, was introduced to all in attendance and welcomed to the club.

Old Business: The Meritt Youth Seminar spearheaded by Gene Williams with Nate Fick and J.C. Castro as assistants was reported to be a complete success. Accolades were heard from Jim Rasnake, the Meritt Manager.

New Business/President's Report: Steve Gorham reported that the old phone answering machine was available, free to a good home. He has replaced it at a cost to the club of \$41.

Steve also stated that new race numbers were needed. He was intent on ordering new numbers in seven different colors to make differentiating the riders at Druid Hill easier. Keith Shuey suggested inquiring of potential or existing sponsors if they were interested in paying for the numbers in exchange for having their name on the numbers. Steve and Keith are going to handle this item internally.

Steve went on to state that more volunteers are needed at Druid Hill, especially for the month of August when Günter Baartz and Beth Huleberg will both be going on

vacations at different times.

For the races of August 1st, 21st & 29th: One or two persons are needed for each date to arrive at the course at 5:15 P.M. to set up the cones and clear the course. Someone will also be needed to drive the pace car. Without a volunteer, the race will not be started.

Treasurers Report: Paul Silvestri reported that the Club balance was approximately \$5,600.00.

Paul went on to suggest that perhaps the monthly meetings could include a Team meeting so as to promote the attendance of more members, particularly racers who were not keen on the standard meeting agenda. This suggestion was debated whole heartedly. It was decided that on an experimental basis, the next meeting would

**FERRIS
BAKER
WATTS**

include a Team meeting from 7:30 to 8:30 to be conducted by the Team Captains and Director. From 8:30 to 9:30 would be the usual meeting. The Team members would be free to leave at 8:30.

Club Championships/ Lauf Fuller Trophy: The 1995 Chesapeake Wheelmen Club Championship will consist of a time trial and crit only. The Time Trial is scheduled for September 12th, with the Crit for the 24th.

Life Beyond Racing (but not much more beyond)

(Continued from last month) by Shawn Downing

Imagine a circuit race going thru the worst part of an east Baltimore neighborhood and then drop a bomb on it, now that's Wheeling. In their defense they really get into the race: chalk the roads with names of their favorite riders, banners, and a killer barbecue (remember it's only Tuesday night) that generated so much smoke that it was hard for the KOM judges to pick numbers. I liked the sign on the toughest climb on the circuit, "Welcome to Wheeling. Now Shut Up and Race."

The next day is a point-to-point stage race where I sat at the back of the field and became a pace bike for the stragglers. Even though they're human you just don't expect to see certain people, like the Pope, Queen Elizabeth, Bill Clinton, or Cindy Crawford making dootie. It's kinda weird to see the legendary Eddy B. pop out of the Montgomery-Bell truck and run for a bush to relieve himself. Heard John Eustice comment over the radio tour to a couple teams for them to be more considerate of urinating in public.

There's a certain pecking order of where the race caravan vehicles are in line. The car immediately behind the main field is Commissaire 1 (Com 1). All vehicles need permission to pass Com 1. Behind or right next to him is a neutral support motorcycle, then the team vehicles, ambulance, and press. Rear motorcycles are just ahead of the broom wagon. I'll never forget the

first time I was instructed to help the motos at the front. Approaching the rear of the field on the left (all race vehicles stay to the right, pass on the left. Team vehicles use the left lane to service the riders. Of course the racers use the whole road.) aggressively beating my way through the team vehicles. Where do I go? It's a narrow two lane with no shoulder, the TV bike whizzes by, there is a whirl of activity with riders either discarding or picking up clothing to the team vehicles, riders getting adjustments on the road. Whoa, there goes a rider by me who just made his way back to the field. Team

vehicles are pulling up behind me honking frantically (I've never seen the words "ALOROTOM" so large in my mirrors). Ok, ok I'll get out of your way so I slowly edge my way into the peloton where they give me a little room and immediately fill in behind

me. It's kinda weird to be riding a motorcycle thru a world class race seeing the action from sooo close. Riding through the peloton is a kick. One of my fellow motos rides a bright red, loud Ducati, the Ferrari of motorcycles. He was making his way through the peloton and got stuck in traffic. One of the Motorola riders says, "Hey nice bike, let's hear it." So he obliges by pulling in the clutch and gives them an up close demonstration of the cracking of the throttle.

Participating as a moto marshall I get to see none of the race. During

the whole week I probably got to see a total of ten minutes of racing. My moto boss's words keep echoing in my head, "If you're watching the race, you're not working, you're not doing your job." I'm clueless to the finishes and get my results like everyone else, in the next morning's paper. There is "radio tour" where John Eustis gives race commentary for the entourage over walkie-talkies from the back of a motorcycle. Radio tour is helpful because he fills you in on who is in the break, how many riders, anyone chasing, time splits, and color commentary.

I was waiting along the shoulder

Olympics. Well, the last time this couple was on a bicycle, Elvis was still alive. I see that they have quite a huge collection of bottles. "Honey, show him that one." She roots around a little and proudly pulls out a Motorola bottle. "We saw Lance throw this one," they beam. I don't know about you, but even I have a hard time picking Lance out of the field (I look for the championship colors on the sleeve). They've got a one-in-six chance of being a Lance bottle but who am I to spoil their dream.

The governor is the catalyst for the race and is really into it. He

comes out for about three or four of the stages where him and the first lady get rides on the back of the motos for an up close view of the race. In return we get treated to a party at his house.

Tourism is the number one industry in West Virginia with white water rafting

number one, and bicycling number two. The governor wants to make his state the Colorado of the east and one way of getting attention is by putting on a world class race. Next year they get part of the cycling Olympic trials. The race is so established that they actually have cities bidding for a start or finish site. Had a lady at a drug store ask, "Can you try to have them stay overnight here next year." The highway into Martinsburg has a big sign, "This exit for K Mart Classic." EVERY school the race went by was let out early with screaming



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after a series of brutal climbs for a group of stragglers when I see this van driving slowly with a woman jumping out to pickup every musette and waterbottle on the shoulder. They must feel guilty when they see me and ask if it is ok to keep the waterbottles. "Sure no problem, help yourself 'cuz no one comes by to clean up after the race." The K Mart Classic has a following in the state you'd be surprised how many non-cycling fans know about the race. I've had many a conversation with a toothless hick about Lance Armstrong, Motorola, and the

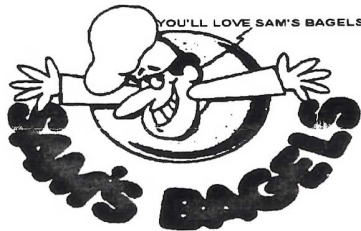
kids waving USA flags, banners like "Go LA-Sheriff" (how do they know about them?) or the for sure you'll be on TV, "We love ESPN".

Oh yeah, back to the Latvians. One of them ran into a parked car on the Lewisburg to Elkins stage, which at that point, I think, left the team down to one rider. America, where the strong survive.

Some miscellaneous notes you won't read about in "VeloNews":

* By odd chance met Carl Muller's nephew who was working as a road guard at the Wheeling stage.

* It's quite a sight to see a half-dozen state troopers with lights and sirens going at the front of the race as they form the wedge to create the



rolling road block. I had to quick pull into a diner parking lot to make sure no cars pulled out between the troopers and the peloton. A big haired, matronly waitress comes running out, "Is there gonna be trouble here?"

* The final party at a mall bar in Martinsburg where no one smokes except for my roommate who smokes unfiltered Lucky Strikes. Steve Hegg hollers out, "No smoking here. We wanna get drunk!" Immediately Alan McCormack bums a cigarette from my roommate.

* We had eight state troopers who worked with the race all week. They stayed in the same hotels and ate at the same restaurants as everyone else. During one of the transfers (166 miles) they proclaimed to anyone else in the

entourage, "We're off to Martinsburg, follow us." I heard it was quite a sight to see eight troopers with lights and sirens on with LA-Sheriff, Motorola, Shaklee, Guiltless Gourmet and all the other team vehicles blasting down the road.

* Partied with Maynard Hershon. Everyone loves Maynard, everyone knows Maynard. Maynard didn't work DuPont for various reasons. One stage Lance Armstrong put his face in the camera of the TV bike and hollered, "Where's Maynard?" He said his heart stopped for 10 minutes. I had a spectator ask "Where's Maynard?". It became the mantra of the series.

* One of the moto referees was telling me that the Motorola car pulls up next to him and asks, "What's the fine for an illegal feed?" "100 Swiss Francs." (about \$76 dollars)

"OK, thanks." With no hesitation they blast by the moto ref and do the feed. A small price to pay for a potential big payday.

* During the time trial at Charleston I'm queued up next to the 2000-Eddy Merckx team vehicle. With time to kill I ask the team manager, "What do you think of American women?" He pulls the cigarette out of his mouth and says with disgust, "They horrible. Big. Fat Disgusting. Pigs." "Well that's pretty true for West Virginia but what about the rest of the country?" "We were in Columbus Ohio last week, same thing - pigs. All they do is eat snacks and drink Coca-Cola all day, they never stop. Huge women, give me a Belgian girl anytime."



I can't wait till next year.

Race Results



(If you don't see your results, call them in to 235-9590 and they'll be in the next Newsletter--ed.)

The Chesapeake Wheelmen's, Druid Hill Park Criterium Series

Tuesday evening, 06/13/1995.

Citizen (unlicensed)

1) Vince Rosenberger
unattached

2) Murray Carter unattached

3) Terry Heilman Team

Cherry

Junior (age 17 and under)

1) Alex Talbert Chesapeake
Wheelmen

Master (age 45+)

1) Tony Neenan Chesapeake
Wheelmen

Category 5

1) Luke Mysko Snow Valley

2) Steve Daft Light Street

3) FJ Hughes Bayside

Velo

Category 4

1) Phil Riggio Chesapeake
Wheelmen

2) Barry Rumsey Chesapeake
Wheelmen

3) J C Castro Chesapeake
Wheelmen

Category 3/2

1) David Crouch Bayside

Velo

2) Jeff Trammell Chesapeake
Wheelmen

3) Gus Ferrario Snow Valley

Druid Hill Park Criterium Series
Tuesday evening, 06/20/1995.

Citizen (unlicensed)

1) Terry Heilman Team
Cherry

- 2) Paul Arcilesi unattached
- 3) Vince Rosenberger unattached
- Master (age 40+)
- 1) Mike McConnell Chesapeake Wheelmen
- 2) Mike Fitzsimmons Chesapeake Wheelmen
- Category 5

- 1) Charles Latrobe Chuck's Bike Shop
- 2) Luke Mysko Snow Valley
- 3) Jeff Michenfelder unattached

- Category 4
- 1) Nate Fick Chesapeake Wheelmen
- 2) Barry Rumsey Chesapeake Wheelmen
- 3) Ramon Benitez V/C

- Baltimore
- Category 3/2
- 1) David Crouch Bayside

- Velo
- 2) Bill Ludwig Chesapeake Wheelmen
- 3) Dave Little Chesapeake Wheelmen

District Criterium Championship 07/08/95:

Juniors: J.C. Castro, 2nd place.

Nate Fick, 4th place

Masters 45+ T. Neenan, 4th

Columbia Challenge 07/09/95

Masters 40+ T. Neenan 8th

Druid Hill Park Criterium Series

Tuesday evening, 07/11/1995.

Citizen (unlicensed)

- 1) Terry Heilman Light Street

Cycles

- 2) Paul Arciles unattached
- 3) Tom Manos unattached

Category 5

- 1) (tie) Steve Daft Light Street

Cycles

Luke Mysko Snow Valley

- 3) Jeff Michenfelder unattached

Category 4

- 1) Jeremiah Bishop Light Street

Cycles

- 2) Phil Riggio Chesapeake

Wheelmen

- 3) Chip Lortz Chesapeake

Wheelmen



36 E. Cross Street • Baltimore, MD 21230 • 539-2093

Category 3/2

- 1) David Osborne Aggress
- 2) David Amatto Chesapeake Wheelmen
- 3) John Cox Chesapeake Wheelmen

Upcoming Events

1995

August

- 1 Druid Hill Criterium
- 4 Tandem Challenge, Lehigh County Velodrome, Trexlertown, PA. 610/967-8947.
- 5 Tour de Pothole, Brooklyn, NY. SASE: Marc Berman, Kissena CC, 290 Collins Ave #3E, Mt. Vernon, NY 10552; 718/343-7343.
- 5 U Street Crit, Washington, DC. All cats. Ultimate Racing, Box 6066, Washington, DC 20005; 202/986-2488.
- 6 Whitetail RR
- 6 Chris Thater Memorial SR, Binghamton, NY. Fresca Cup Series. 607/729-3734.
- 6 Clearview Classic RR, Glassboro to Mullica Hill, NJ. SASE: JVS, Jim Richeal, 1306 Barnsdale Rd, Woodbury, NJ 08096; 609/228-7800.
- 8 Druid Hill Criterium
- 9-13 Tour d'Toona, Altoona, PA. Fresca Cup Series. 814/949-7223.

- 12 New York Classic, Brooklyn, NY. SASE: Marc Berman, Kissena CC, 290 Collins Ave #3E, Mt. Vernon, NY 10552; 718/343-7343.

- 12 Minsi Lake RR, East Bangor, PA. Chip Berzny, 1019 Wood St, Bethlehem, PA 18018; 610/867-6471.

- 13 Capital Clasic, Marlow Heights, MD. All cats. Ultimate Racing, Box 6066, Washington, DC 20005; 202/986-2488.

- 14 Monthly Meeting, 7:30 P.M. Merrit Athletic Club

- 15 Druid Hill Criterium

- 18 Madison Cup, Lehigh County Velodrome, Trexlertown, PA. 610/967-8947.

- 19 Potato Head Challenge, Brooklyn, NY. SASE: Marc Berman, Kissena CC, 290 Collins Ave #3E, Mt. Vernon, NY 10552; 718/343-7343.

- 20 Mike's Bikes TT Series #6, Waldorf, MD. Mike Davis, 301/645-5470.

- 22 Druid Hill Criterium

- 26 MacIsland Criterium-
CANCELLED

- 26 Minsi Lake RR, Upper Mt. Bethel Township, PA. SASE: Chip Berzny, 1019 Wood St, Bethlehem, PA 18018; Russ Geise, 800/233-3187.

- 26 Blistered Butt RR, Brooklyn, NY. SASE: Marc Berman, Kissena CC, 290 Collins Ave #3E, Mt. Vernon, NY 10552; 718/343-7343.

- 27 Montgomery County Criterium

- 29 Druid Hill Criterium

- 31-September 1
USA Grand Prix Finale, Lehigh County Velodrome, Trexlertown, PA. 610/967-8947.

September

- 2 Tour de Crofton, Crofton, MD. SASE: Team Snow Valley, 912 Monroe St, Annapolis, MD 21403; 410/263-4752.
- 3 Snow Valley Classic, Bowie,



MD. SASE: Team Snow Valley, 912 Monroe St, Annapolis, MD 21403; 410/263-4752.

- 4 Tour of Basking Ridge, Basking Ridge, NJ. Greg Cordasce, Box 228, Liberty Corner, NJ 07938; 908/563-9679.
- 4 NY Labor Day Track Championships, Queens, NY. SASE: Marc Berman, Kissena CC, 290 Collins Ave #3E, Mt. Vernon, NY 10552; 718/343-7343.
- 4 Ultimate Crit, Upper Marlboro, MD. All cats. Ultimate Racing, Box 6066, Washington, DC 20005; 202/986-2488.
- 9 Old Mine Road TT, Walpack, NJ. Beth Walsh, Box 1027, Vernon, NJ 07462; 201/764-8079.
- 9 Cycles Plus Grand Prix, Brooklyn, NY. SASE: Marc Berman, Kissena CC, 290 Collins Ave #3E, Mt. Vernon, NY 10552; 718/343-7343.
- 10 Mifflinburg Buggytown Crit, Mifflinburg, PA. MHRA, 300 Chestnut St, Mifflinburg, PA 17844; 717/966-1666.
- 10 Mahlon Madness #2, Mahlon Dickerson Jerfferson, NJ. Doug

- Dykstra, 50 Stanhope Rd, Sparta, NJ 07871; 201/729-5598
- 10 Eastern Regional Masters RR
- 11 Monthly Meeting, 7:30 P.M. Merrit Athletic Club
- 16 DE-MD-VA Dist Track, Trexlertown, PA. SASE: MVC, Box 2205, Columbia, MD 21045; 410/964-5575.
- 16 Bay Days Crit, Hampton, VA. Bill Henderson, 804/850-2462.
- 17 Mike's Bikes TT Series #7, Waldorf, MD. Mike Davis, 301/645-5470.
- 17 Tour of St. George Crit, Staten Island, NY. Tour of St. George Race, Borough Hall, Room 12, Staten Island, NY 10301; 718/816-2112.
- 23 Colony Centennial Crit, Latham, NY. All cats. Bernie Schunicht, High Speed Cyclists, 196 Forts Ferry Rd, Latham, NY 12110; 518/785-1119.

October

- 1 2nd Annual Wheelmen Cruise
- 8 Covered Bridge Fall Classic, Elysburg, PA. The Dutch Whlm, 59 E Main St, Bloomsburg, PA 17815; 717/784-6524.
- 8 Mahlon Madness #3, Mahlon Dickerson Jerfferson, NJ. Doug Dykstra, 50 Stanhope Rd, Sparta, NJ 07871; 201/729-5598.
- 9 Monthly Meeting, 7:30 P.M. Merrit Athletic Club
- 15 Son of Savage Crit, Savage, MD. All cats. Ultimate Racing, Box 6066, Washington, DC 20005; 202/986-2488.
- 15 Mike's Bikes TT Series #8, Waldorf, MD. Mike Davis,

301/645-5470.

- 21-22 Turkey Races
- November
- 13 Monthly Meeting, 7:30 P.M. Merrit Athletic Club

December

- 11 Monthly Meeting, 7:30 P.M. Merrit Athletic Club

Classified Ads

Classified ads (50 words or less) are free to members of the Chesapeake Wheelmen. Submit your ads to the editorial staff no later than the 20th of the month for inclusion in the next Newsletter. *Editor*

FOR SALE:

TREK 2200 FRAME Red
58cm. Brought September 1993, Excellent+ Condition.
\$300.00 O.B.O.
Call Ed (410) 329-2177

For Sale:

60cm Serotta Colorado II Frame and Fork, Blue/Magenta fade. WAS \$1200 new, asking \$750.
also
60cm Specialized Epic Frame and Fork, Metallic Red/carbon. One year old. (Fork never used). \$350.
also
1 pair Specialized Trispoke 700C clincher wheels. Ridden once. \$600/pair. (Ask about freewheel and tires).
Call Ron at 410-833-6532 after 9 PM

FOR SALE:

59cm Road Bike
Blue Hand Built Della Santa Frame, Road Geometry, Columbus SL tubing, Campy and Zuess Equipped. Asking \$800
Call 410-374-1215 any time and ask for Jim.

FOR SALE:

56cm Specialized Epic Carbon Fiber Frame and Fork, 1994. Brand new - in box. Ruby Red. Includes headset, bottom

bracket, seatpost. Other parts optional. \$400.00 o.b.o.
Call Bob 1-410-683-4945.

FOR SALE:

Child's bike
-Light Green Meerkat Formula I
5-speed, rear roller brake.
Geometry is like way radical
dude suitable for 8-12 y.o
depending on size of child
\$100.00 O.B.O.

Call Harry (410) 235-9590

FOR SALE:

Meticulously maintained Italian
beauty

53 cm Pogliaghi (Built by
Basso), SL Tubeset, 105 SC
Gruppo, Open 4CD Wheels,
TTT Stem/bar, Look Pedals,
Zefal DbI Sht Pump. Mechanic
owned, never crashed or
raced. \$599. Size 42 SIDI
shoes are yours too if they fit.

Call Scott: 592-8187

FOR SALE:

Bianchi Giro - Columbus SLX
58 cm. center-center; Campy
Athena groupo; Regina 7sp.
13-23; FIR rims/Vittoria clinchers;
Selle Italia saddle; Two years old,
(in storage). NEW CONDITION
\$850.00.

Call Bob evenings after seven or
weekends (410) 882-6329

FOR SALE:

Super light wheels Sampson
Titanium Hubs, new sewup tires,
AND FREEWHEEL \$350/pr.
Call John at 1-410-256-0428

MONTHLY MEETINGS

Remember that the Club Meetings
are held at the Merritt Athletic
Program the second Monday of
every month at 7:30 PM.

DIRECTIONS: Take I-695 to Exit
17, Security Blvd., bear right to
Rolling Road. Turn right at the second
light, Lord Baltimore Drive. The
Merritt Athletic Club is 1.5 blocks on
the left across from 84 Lumber. The
address is 2076 Lord Baltimore Drive.
Phone: (410) 335-6574.

**MERRITT ATHLETIC CLUB IS HAPPY TO OFFER "0"
ENROLLMENT FEE FOR CHESEAPEAKE WHEELMAN
MEMBERS.**

Merritt - Security is a 55,000 square foot facility which offers racquetball, squash, basketball, lifecycles, treadmills, stairmasters, freeweights, aerobics, nautilus, steam room, sauna, whirlpool, and much more!

Call a membership coordinator at 298-8700
Hurry, offer ends September 1, 1995.





present
The Second Annual

"TOUR DE HARBOR"

SUNSET CRUISE on the LADY BALTIMORE

*Sailing from the Inner Harbor
301 Light Street, Baltimore Maryland*

SUNDAY, OCTOBER 1, 1995

Boarding 4:30 pm, Departure 5 pm, Return to Dock 8:30 pm

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*FOOD and NONALCOHOLIC
DRINKS AVAILABLE*

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- ☛ Light Street Cycles
1015 Light Street, Baltimore, MD - (410) 685-2234
- ☛ Bicycle Authority
York & Warren Rds., Cockeysville, MD - (410) 667-1040
- ☛ or Call (410) 247-4064 or (410) 335-6574

Harbor Court Garages Offers a 25% Discount On Parking, Coupons Available On Board

Net Proceeds of this Event Will Benefit The Baltimore Zoo's
Education & Conservation Program

The Chesapeake Wheelmen Present

1995

Training Rides

All rides subject to the vagaries of the Racing Schedule between April and October

FRIENDLY

- Distance:** 20-40 miles at Lake Montebello. (You can ride whatever distance you're in shape to handle).
- When:** Informal: Monday, Thursday, and Friday Evenings at about 5:00-6:00 PM
- Where:** Meet at the intersection of Lake Avenue and Lake Montebello Drive (the road around the lake) on the south side of the lake. If you arrive after 5:00 just watch for the local wide-body in the distinctive orange and green Chesapeake Wheelmen jersey and flag him down as he goes by. Lake Montebello is at the east end of 33rd Street, about 1/2 mile from old Memorial Stadium (There is no flatter terrain this side of Kansas).
- Ambiance:** This will be an introductory level ride at Lake Montebello that will be devoted to fostering good group riding skills. Newcomers to the sport can learn the techniques and etiquette of riding in a pace line, and experienced riders will have a chance to keep their skills sharp. All riders welcome regardless of experience. We'll start with a warm-up at a moderate pace and keep the pace moderate until everyone is loose. Then we will increase the speed based on the abilities and desires of those present so that everyone should be able to get a good workout. All you need is a bike, a helmet, and desire to ride faster. It doesn't matter how cold it is, but if it is raining or snowing, stay home and read a good book. Call 235-9590 if you have questions.

FAST

- When:** Sunday mornings
- Where:** Leaving from Ellicot City Post Office (park in the Post Office Lot)
- Start time:** 8:00 AM throughout the summer until fall. The ride is nominally 2 hours/c. 40 miles.
- Ambiance:** This ride has been going on nearly every Sunday regardless of weather for the past half dozen years or more. Regulars say the ride attracts riders with a range of riding abilities, and this is a fast, often hilly ride.

FIERCE

- When:** Saturday and Sunday Mornings
- Where:** Road rides leave from in front of the Eddie's Market on Roland Avenue. Mountain bike rides leave from the corner of Dulaney Valley Road and Seminary Avenue.
- Start Time:** Call the answering machine at 889-2502 after 7:00 P.M. on Friday evening to find out the start time, the approximate distance of Saturday's extravaganza, and whether it is a road or mountain bike ride. Call the answering machine after 7:00 P.M. on Saturday evening to find out the details of Sunday's fandango.
- Ambiance:** These are hard, long training rides that attract some very strong riders. The regulars claim that they've never left anyone behind, but occasionally people end up getting pushed home.

Note: As the racing season progresses, participation in all these rides will vary widely. When in doubt, call the contact numbers to find out what's going on.

Chesapeake Wheelmen, Inc.
P.O. Box 25845
Baltimore, MD 21224



MICHAEL FITZSIMMONS
37 EDMONDSON RIDGE RD
CATONSVILLE MD 21228

