


# Bike & Brunch SM

Sept 2008

Sunday	Mon	Tues	Wed	Thurs
<i>Aug 31</i>	<i>Sept 1</i>	<i>Sept 2</i>	<i>Sept 3</i>	<i>Sept 4</i>
<p><b>Riley's Lock – Seneca, MD.</b>            25/38 miles <i>Gentle-Moderate Hills</i>            Ride starts at Riley's Lock off of River Road in Montgomery County. From I-495, take EXIT 39A, River Road, Route 190 West. After 11 miles, turn LEFT at T to remain on River Road. In 0.5 miles turn LEFT onto Riley's Lock Road and follow to the end. Turn LEFT into the parking lot. (Google directions: <a href="http://tinyurl.com/58u8ev">http://tinyurl.com/58u8ev</a>)  <b>Meet at 10:00, and leave promptly at 10:30</b></p>				
<i>Sept 7</i>	<i>Sept 8</i>	<i>Sept 9</i>	<i>Sept 10</i>	<i>Sept 11</i>
<p><b>Horse Hills, Middleburg Elementary School (don't park at the school! Park on neighborhood streets; meet at the school)</b>            18/31/43 miles, <i>moderate hills to hilly</i>            Take I-66 West to EXIT 31 (Route 245) to the Plains. After 1.3 miles, turn RIGHT on Route 55 at the T intersection. In .1 mile, turn LEFT on Route 626, Loudon Ave. Continue for 8.1 miles into Middleburg. Turn RIGHT on Route 50, Washington Street. Turn LEFT at the traffic light on Route 626, Madison Street. Go 0.1 mile and turn RIGHT into Middleburg Elementary School. After you find the school, park on neighborhood streets and then ride to the school to meet. (Google directions: <a href="http://tinyurl.com/5md5ol">http://tinyurl.com/5md5ol</a>)  <b>Meet at 10:00, and leave promptly at 10:30</b></p>				
<i>Sept 14</i>	<i>Sept 15</i>	<i>Sept 16</i>	<i>Sept 17</i>	<i>Sept 18</i>
<p><b>Antietam and Beyond - Hagerstown, MD</b>            36/43 miles. <i>Gentle - Moderate Hills</i>             I-270 North to Frederick; bear right onto I-70 west to Hagerstown. Exit at Rt. 65, Sharpsburg Pike, turn left (south). Go a short distance to a right turn at H.K. Douglas Dr. (just past Wendys) to the Park &amp; Ride, on right. (Google directions: <a href="http://tinyurl.com/6o9jyv">http://tinyurl.com/6o9jyv</a>)   <b>Meet at 10:00, and leave promptly at 10:30</b></p>				
<i>Sept 21</i>	<i>Sept 22</i>	<i>Sept 23</i>	<i>Sept 24</i>	<i>Sept 25</i>
<p> <b>BBQ-Fletcher's Boat House, Washington, DC</b>            10 /18/20 Miles, <i>Level-Gentle Hills</i>  <b>Please rsvp for bbq to <a href="mailto:social@bikeandbrunch.com">social@bikeandbrunch.com</a></b>            Take Beltway to Cabin John Parkway, towards DC, which turns into Canal Road. After 5.5 miles, turn LEFT at Arizona Ave. at overpass and light. After .3 miles turn RIGHT on MacArthur. After 1 mile make a sharp RIGHT turn on Reservoir. Go .3 miles and cross Canal road (at stop sign) to enter Fletcher's Boat house (Google directions: <a href="http://tinyurl.com/6k6tnc">http://tinyurl.com/6k6tnc</a>)  <b>Meet at 10:30, leave promptly at 11:00 - Picnic starts at 1:00</b></p>			<p><b>HAPPY HOUR!</b>   <b>Clarendon Grill, Arlington, VA</b>   <b>6:00 - 9:00 pm</b></p>	
<i>Sept 28</i>	<i>Sept 29</i>	<i>Sept 30</i>		
<p><b>Three Covered Bridges, Frederick, MD – Holiday Inn</b>            31/45 miles            Take I-270 to US-40 West. Merge onto W Patrick St/US 40W via Exit 13B toward W Patrick Street. (Google directions: <a href="http://tinyurl.com/6g3owv">http://tinyurl.com/6g3owv</a>)  <b>Meet at 10:00, and leave promptly at 10:30</b></p>				

Call (301) 881-BIKE, confirm directions or for weather-related cancellations or changes

E-mail [bbq@bikeandbrunch.com](mailto:bbq@bikeandbrunch.com) to RSVP for BBQ rides

If you ride with us, you **MUST** wear a helmet

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Oct 2008

Sunday	Mon	Tues	Wed	Thurs	Fri
<p><i>Oct 5</i></p> <p><b>Tridelphia Reservoir, Sherwood HS</b> 36 Miles with 23 mile variation – Moderate Hills-Hilly</p> <p>From I-495, take Georgia Avenue, Route 97, North for 10 miles and turn RIGHT onto MD 108, Olney-Sandy Spring Rd. Continue for 4 miles and turn RIGHT at Sherwood High School (not the Elementary School on the left). (Google directions: <a href="http://tinyurl.com/6r3585">http://tinyurl.com/6r3585</a>)</p> <p><b>Meet at 10:00, and leave promptly at 10:30</b></p>	<i>Oct 6</i>	<i>Oct 7</i>	<i>Oct 8</i>	<i>Oct 9</i>	<i>Oct 10</i>
<p><i>Oct 12</i></p> <p><b>Waterford Cruiser, Purcellville, VA.</b> 15/31/35 miles. Short option flat/Longer options moderate hills</p> <p>I-495 to exit 12, VA267 Dulles Toll Rd to the end &amp; continue onto the Greenway Toll Rd to its end in Leesburg. Take VA-7 Bypass West 9 miles to Purcellville exit VA-287(VA7-BR) Lovettesville. Left onto VA-287 Berlin Rd. Go 0.2 miles and turn Right on Hirst Rd. Go 0.4 miles and turn Left on Maple Ave/722. Go 0.2 miles and turn Left into Loudoun Valley H.S., just past bike trail. Note: this is <i>not</i> the same as Loudoun County HS. (Google directions: <a href="http://tinyurl.com/3rn65w">http://tinyurl.com/3rn65w</a>)</p> <p><b>Meet at 10:00, and leave promptly at 10:30</b></p>	<i>Oct 13</i>	<i>Oct 14</i>	<i>Oct 15</i>	<i>Oct 16</i>	<i>Oct 17</i>
<p><i>Oct 19</i></p> <p><b>The Sanctuary, Mattaponi Elementary School</b> 17/33 miles, Moderate Hills-Hilly</p> <p>From I-95, take Route 4 South/East towards Upper Marlboro. Go 2.9 miles and exit right onto Route 223, Woodyard Road. Bear left in 2.5 miles onto Rosaryville Rd at the traffic light. In 2.8 miles continue straight onto Old Indian Road at Route 301, Crain Highway. Bear left in 0.3 miles on Duley Station Road. Go 0.4 miles and turn right into the school. (Google directions: <a href="http://tinyurl.com/5fmjtx">http://tinyurl.com/5fmjtx</a>)</p> <p><b>Meet at 10:00, and leave promptly at 10:30.</b></p>	<i>Oct 20</i>	<i>Oct 21</i>	<i>Oct 22</i>	<p><b>HAPPY HOUR!</b></p> <p><b>Tommy Joes, Bethesda, Md.</b></p> <p><b>6:00 - 9:00 pm</b></p>	<i>Oct 24</i>
<p><i>Oct 26</i></p> <p><b>Greenspring Valley, Beth Israel Congregation – Baltimore Ride!</b> 27 miles, moderate hills</p> <p>I-495 to I-95North, then I-695 North toward Towson (LEFT hand entrance). Take EXIT 19 onto I-795/Owings Mills Expressway. Go 3.7 miles to EXIT 4. Turn RIGHT to go North on Owings Mills Blvd. After approximately 1 mile turn RIGHT on Crondall Lane (3rd traffic light). Go 0.1 miles and turn LEFT into Beth Israel Congregation's lot. Park in lower lot. ~ 45 miles from I-495. (Google directions: <a href="http://tinyurl.com/6kcjch">http://tinyurl.com/6kcjch</a>)</p> <p><b>Meet at 10:00, and leave promptly at 10:30</b></p>	<i>Oct 27</i>	<i>Oct 28</i>	<i>Oct 29</i>	<i>Oct 30</i>	<i>Oct 31</i>

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