

Bike & BrunchSM

April-May 2010 Ride Schedule

All Rides meet at 10:00 and leave promptly at 10:30 unless otherwise noted

Sunday April 18

Rock Creek Loop, Silver Spring, MD - Parkway Deli

21 miles or shorter

From 495, take Exit 33 - MD 185 South (Connecticut Ave.) toward Chevy Chase . Go 1.3 miles. Turn left onto MD-410 - East-West Highway. Go 1.5 miles. Turn right onto Grubb Road . Turn into shopping center on Grubb Road . Park in the back lot. Lunch will be at the Parkway Deli.

Map: <http://tinyurl.com/6cn2a5>

Sunday April 25

Monocacy Aqueduct – Poolesville, MD.

18 & 27 miles. Gentle – Moderate Hills

Ride starts at Poolesville High School.

Take I-270 North to EXIT 6B, Route 28 West. Follow Route 28 West for 11.5 miles. Turn LEFT on Route 107, Whites Ferry Rd. Continue for 5 miles into Poolesville. Turn LEFT on West Willard Rd. Go 0.2 miles and turn LEFT into the school parking lot. Map: <http://tinyurl.com/4f26gl>

Sunday May 2

BBQ-Fletcher's Boat House, Washington, DC

10 /18/20 Miles Level-Gentle Hills

Please RSVP for BBQ to social@bikeandbrunch.com

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.



Meet at 10:30, leave promptly at 11:00. Picnic starts at 1:00.

Sunday May 9

A Bit of Everything, Point of Rocks, MD

23/30 miles. Short option gentle hills/ Long option moderate hills

Take 1-270 north to EXIT 6B, Route 28 West. Follow 28 West for 27.8 miles to Point of Rocks. As you enter the town, turn LEFT at the railroad station. Virginia riders might be able to find a shorter route via Leesburg.

Map: <http://tinyurl.com/4q95h3>

Sunday, May 16

Greenspring Valley, Beth Israel Congregation –

Baltimore Ride! *27 miles, moderate hills*

I-495 to I-95 North, 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.

Map: <http://tinyurl.com/6289o4>

Sunday, May 23

A New Deale - Davidsonville, MD.

31/43 miles. Gentle – Moderate Hills

Ride start: Davidsonville ES. Take I-495 to Route 50 East. Go approx. 11 miles. EXIT onto Route 424 South (exit 16) towards Davidsonville. Go 3.3 miles and turn RIGHT on Rte. 214. In 0.7 miles, turn RIGHT into Davidsonville Elementary School. Map: <http://tinyurl.com/4qx2ue>

Sunday, May 30

Oxford Line - St. Michaels/Easton, MD. *10/20/30 miles. Mostly level*

From I-495, take US 50 EAST, cross the Bay Bridge and continue to Easton. In Easton, bear RIGHT on MD 322 and continue 3.5 miles. Turn LEFT on MD 333. (Do not turn on MD 33!!) Park at the YMCA, which is on the RIGHT. Map: <http://tinyurl.com/y8atds4>

Meet at 10:30, leave promptly at 11:00

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

E-mail social@bikeandbrunch.com to RSVP for BBQ rides

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

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