

Bike & BrunchSM

July 2008

Sunday	Mon	Tues	Wed	Thurs	Fri	Sat
<p><i>July 6</i></p> <p>Finer Homes of Potomac - Cold Spring ES 18, 33 & 41 miles. Moderate Hills - Hilly</p> <p>From I-270 take Montrose Ave exit. Go west on Montrose 1 mile to the T intersection at Falls Road. Turn left onto Falls Road and go about 0.6 miles. Turn Right onto Falls Chapel Road (Tuckerman Lane is to the Left). Go 0.9 miles and turn Left into school lot. (Google directions: http://tinyurl.com/4z7627)</p> <p>Meet at 9:30, and leave promptly at 10:00</p>	<i>July 7</i>	<i>July 8</i>	<i>July 9</i>	<i>July 10</i>	<i>July 11</i>	<i>July 12</i>
<p><i>July 13</i></p> <p>Warrenton Wanderer, H.M. Pearson ES 22/37. Gentle Hills</p> <p>Take I-66 West to EXIT 44, Route 234 South. Go 5 miles and EXIT to Route 28 South. Go 11.5 miles and turn RIGHT onto 603 in Calverton. Go .9 miles and turn RIGHT into the school. (Google directions: http://tinyurl.com/44camc)</p> <p>Meet at 9:30, and leave promptly at 10:00</p>	<i>July 14</i>	<i>July 15</i>	<p>B&B meets at Strathmore</p> <p>Concert by Grandsons, 6 pm</p>	<i>July 16</i>	<i>July 17</i>	<i>July 18</i>
<p><i>July 20</i></p> <p>Chesapeake to Patuxent, Northern HS 29 & 38 miles. Gentle hills.</p> <p>Take I-495 to exit 11, MD 4 east. Go east and south approximately 20 miles on Rte 4 and take a right on Chaneyville Road. Go 0.8 miles; take a left into Northern High School parking lot. (Google directions: http://tinyurl.com/4os4e2)</p> <p>Meet at 9:30, and leave promptly at 10:00</p>	<i>July 21</i>	<p><i>July 22</i></p> <p>RIDE G'town to Bethesda K street, under Whitehurst, near Key Bridge Meet 6pm, leave at 6:30</p>	<i>July 23</i>	<i>July 24</i>	<i>July 25</i>	<i>July 26</i>
<p><i>July 27</i></p> <p>Monocacy Aqueduct/Sugarloaf Ride – Poolesville, MD. 18 & 27 & 35 miles. Gentle – Moderate Hills</p> <p>Ride starts at Poolesville High School (Google directions: http://tinyurl.com/4f26gl). 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. Meet at 9:30, and leave promptly at 10:00.</p>	<i>July 28</i>	<i>July 29</i>	<p><i>July 30</i></p> <p>RIDE Bethesda to Georgetown</p> <p>Top of Crescent, next to Ourisman Honda Meet 6pm, leave promptly at 6:30</p>	<i>July 31</i>	<i>Aug 1</i>	<i>Aug 2</i>

This ride has something for everyone! A short ride for the Last Sunday of the month, and a longer, hilly ride for those who want more of a challenge.

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

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

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

Bike & Brunch is a registered service mark of Bike and Brunch, Inc.

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<p style="text-align: center;"><i>Aug 3</i></p> <p>Rural Pleasures, Calverton, VA 12/30/47 Miles – Gentle-Moderate Hills Ride Start: HM Pearson ES</p> <p>Take I-66 West to EXIT 44, Route 234 South. Go 5 miles and EXIT to Route 28 South. Go 11.5 miles and turn RIGHT onto 603 in Calverton. Go .9 miles and turn RIGHT into the school. (Google directions: http://tinyurl.com/3oyhal) Meet at 9:30, and leave promptly at 10:00</p>	<i>Aug 4</i>	<i>Aug 5</i>	<i>Aug 6</i>	<p style="text-align: center;"><i>Aug 7</i></p> <p>RSVP for next Sunday BBQ via e-mail</p> <p style="color: red; text-align: center;">Please rsvp for bbq to social@bikeandbrunch.com</p>	<i>Aug 8</i>	<i>Aug 9</i>
<p style="text-align: center;"><i>Aug 10</i></p> <p>Bridges to the Past, Thurmont, MD. 19 / 30miles. Gentle Hills. BBQ & swimming follows ride Ride Start: Thurmont Community Park: Take I-270 North to Route 15 North in Frederick. Take Route 15 North for 16.3 miles to Route 806 (Note that there are several exits for 806 and you do not want the 1st one, so watch your mileage), the Thurmont EXIT. At the end of the exit ramp, turn RIGHT. Turn LEFT at the traffic light onto Route 806. In .5 miles turn LEFT into the park.</p> <p>BBQ is at Cunningham Falls State Park in Thurmont, MD (near Catoctin). Park by Cunningham Falls Lake (a.k.a. Hunting Creek Lake). From Route 15 North, exit left at Route 77 (1st exit after Route 806 exit). After 3 miles, turn Left onto Catoctin Hollow Road. Follow sign to lake, beach & boat rental. \$3 parking fee. Meet at 10:30, and leave promptly at 11:00. Remember your helmet & swimsuit! BBQ ~1:00pm. RSVP to social@bikeandbrunch.com by Friday!</p>	<i>Aug 11</i>	<i>Aug 12</i>	<i>Aug 13</i>	<i>Aug 14</i>	<i>Aug 15</i>	<i>Aug 16</i>
<p style="text-align: center;"><i>Aug 17</i></p> <p>A New Deale - Davidsonville, MD. 31 miles. <i>Gentle – Moderate Hills</i></p> <p>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. (Google directions: http://tinyurl.com/4qx2ue) Meet at 9:30, and leave promptly at 10:00</p>	<i>Aug 18</i>	<i>Aug 19</i>	<i>Aug 20</i>	<i>Aug 21</i>	<i>Aug 22</i>	<i>Aug 23</i>
<p style="text-align: center;"><i>Aug 24</i></p> <p>Glen Echo Loop – Glen Echo, MD 10 & 25 Miles</p> <p>From Maryland, take I-495 to exit 40. From Virginia, take I-495 to exit 41 East. In both cases, stay in the leftmost lane of the Parkway and travel 2.5 miles. Take the exit from the Parkway marked MacArthur Boulevard/Glen Echo and follow the sign to MacArthur Boulevard. Turn left onto MacArthur Boulevard. Go two blocks to Oxford Road (just past the Glen Echo shopping center) and turn left into the Glen Echo Park parking lot.</p> <p>Meet at 9:30, and leave promptly at 10:00</p>	<i>Aug 25</i>	<i>Aug 26</i>	<i>Aug 27</i>	<i>Aug 28</i>	<i>Aug 29</i>	<i>Aug 30</i>

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