

# ***Bike & Brunch***<sup>SM</sup>

## August 2010 Ride Schedule

### **Sunday, August 1**

#### **Bridges to the Past, Thurmont, MD.**

*19/30 miles. Gentle Hills.*

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

**Meet at 9:30, leave promptly at 10:00**

### **Sunday August 8**

#### **Hidden Amish, Bryantown, MD.**

*25/33/49 miles. Gentle hills.*

Take I-495 to exit 7A, Route 5 (Branch Ave. South) to Waldorf. Go 12 miles, and follow signs left to Route 5 (Mattawoman Beantown Rd). Go 3.2 miles and turn left onto Route 5 (Leonardtwn Rd.) at Gateway Plaza. Go 4.9 miles and turn right on to Oliver's Shop Rd (Route 232) at blinking light. Go 1.1 miles and turn right into TC Martin Elementary school

Map: <http://tinyurl.com/4uo6hf>

**Meet at 9:30, leave promptly at 10:00**

### **Sunday, August 15**

#### **Riley's Lock – Seneca, MD.**

*25/38 miles Gentle-Moderate Hills*

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.

Map: <http://tinyurl.com/58u8ev>

**Meet at 9:30, leave promptly at 10:00**

### **Sunday, August 22**

#### **Waterford Cruiser, Purcellville, VA.**

*9/31/35 miles. Short option flat/Longer options moderate hills*

Take I-495 to exit 12, VA267 Dulles Toll Rd to the end & 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 *not* the same as Loudoun County HS!

Map: <http://tinyurl.com/3rn65w>

**Meet at 9:30, leave promptly at 10:00**

### **Sunday August 29**

#### **BBQ-Fletcher's Boat House, Washington, DC**

*10 /18/20 Miles Level-Gentle Hills*

**Please rsvp for bbq to [social@bikeandbrunch.com](mailto: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.**

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

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

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

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